FOOD PRODUCTION
(ASSISTANT COOK)

LEARNER'S MANUAL

hitt High Impact Tourism Training for the informal sector

SNV

EMPLOYMENT FUND investing in nepal's future

HELVETAS Swiss Intercooperation NEPAL

THE HITT PROGRAMME

The Food Production – Assistant Cook curriculum and training material are one of the several skills building products developed by the High Impact Tourism Training for Jobs and Income programme (HITT) to support informal and potential workers in the Nepalese tourism sector to enhance their productivity and professionalism, and increase their employability and income opportunities.

The HITT programme is implemented by the Netherlands Development Organisation (SNV) through the financial assistance of European Commission (EC) Investing in People programme. The HITT initiative aims to contribute to sustainable pro-poor growth in the informal tourism sector in the seven least-developed and developing countries in Sub-Saharan Africa and Asia.

Within the framework of this initiative, SNV and its local partners have developed a skill development programme for informal sector actors, notably women and youth, unskilled and semi-skilled workers, in close collaboration with the private sector. In Nepal, the HITT programme has been working with the tourism sector to identify occupations that are in demand, and develop training curriculums, training material and deliver training to its beneficiaries. The six selected occupations include assistant cook, waiter, housekeeper, service excellence and hygiene, trekking guide, and homestay and lodge operators.

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About Food Production – Assistant Cook curriculum

Food Production has been designed to equip people working in the kitchen on the technical and practical know how of the food production. It is especially for those who want to start their career as an assistant cook in restaurants and hotels. There is particular emphasis on basic food preparation procedures, methods of cooking and various techniques and skills required in the food production sector as well as other related topics such as safety and security at work. This manual can be used by any restaurant or a hotel who want to extend the knowledge of their kitchen personnel on food production. Throughout the development of the material, the competence of the present work force in Kathmandu valley was considered through market need analysis in the food and beverage sector. Further inputs, with the help of TVET service providers working in the food and beverage sector in Nepal, were incorporated to the development of materials and content; this was further complimented by the industry experts who shared their knowledge on curriculum and material development standards.-

Objective of the Food Production – Assistant Cook

To equip beneficiaries on essential knowledge needed in food production. Particularly on improving kitchen hygiene, grooming, kitchen waste handling, different cooking methods, preparing the different dishes, kitchen equipment, hazards, and working effectively and efficiently in a kitchen.

Learning outcome of the training

Upon successful completion of this course, the beneficiaries should be able to demonstrate and practice:

- Kitchen management and organisation (brigade system).
- General kitchen cleaning and preparing for work.
- Food hygiene, Personal hygiene and Food poisoning.
- Properly handle kitchen waste.
- Maintain safety and security and pest control.
- Different cooking methods.
- Preparation of different dishes such as stock, sauce, soup, light meals, fish, poultry and meat.
- Identify different types of vegetable, fruits and salads.
- Knowledge about pasta, cereals, cheese and dairy product.

Target beneficiaries of food production manual

The target beneficiaries of this course are the food production staffs, food production entry level and those who wishing to gain technical and practical skills to become an assistant cook.

Career Path

After completing this course, a learner will be able to:

- Join hotels, restaurants, fast food outlets, catering and banquets services as trainee chef, assistant chef, commis chef or commis III.
- Start–up your own small scale restaurant or fast food outlet.

Assessment

Formative Assessment

Learners may be formatively assessed throughout the course. This will take place in the form of a quiz, practical exercises and/or application.

Summative Assessment

A final summative assessment may be given to learners at the end of the course and will be based on the learning outcomes for the course.

This assessment will (indicate what format this assessment takes, for example, a paper–based assessment, practical, simulation) be completed at the end of the course; for practical assessments, the practical components of the course must be combined into an integrated assessment so that learners can demonstrate the entire process.

National Skill Testing Board Exam (NSTB)

After completion of this 390 hours course, the learners will go through a NSTB/CTEVT paper–based written exam as well as practical exam. After successful completion of exams, certificates will be awarded.

MODULE 1

KITCHEN MANAGEMENT, OPERATIONS, HYGIENE AND RISK ANALYSIS

1 Introduction : Kitchen management, Operations, Hygiene and Risk Analysis

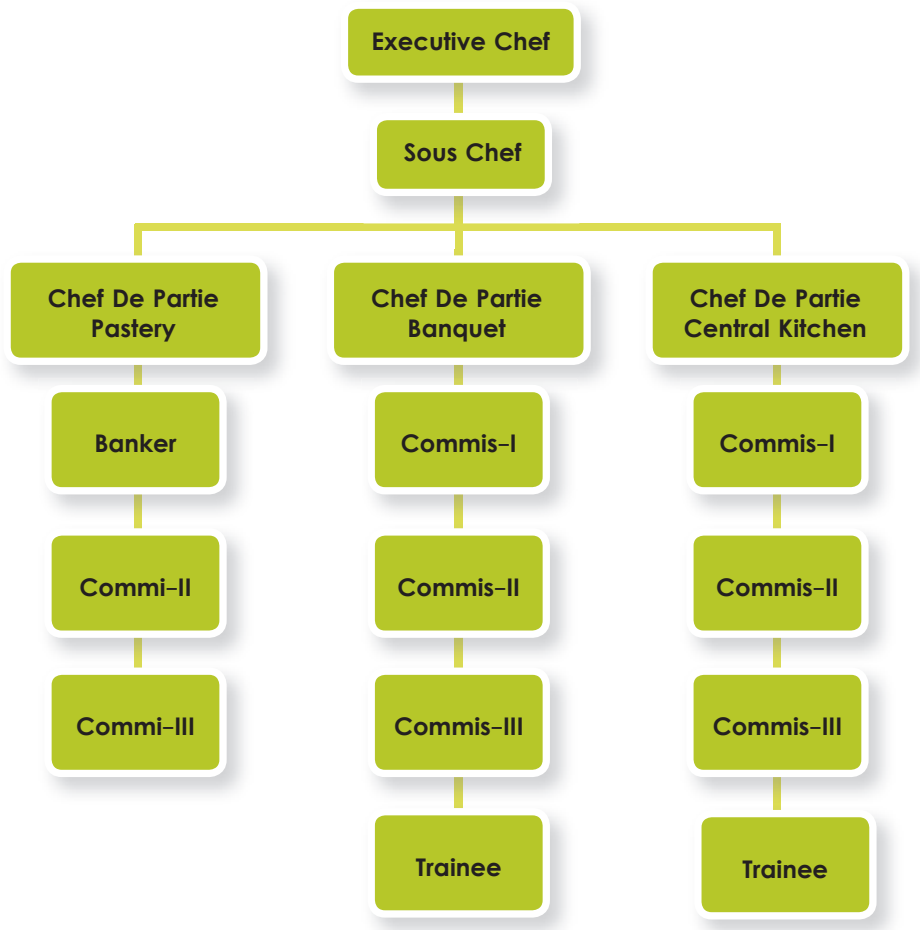
The beginning module is the most important topic covering basic components of kitchen management, operations, and functions in an establishment. Issues related to your personnel hygiene, food preparation, kitchen equipment, food poisoning, kitchen hazards, risk assessment and preventive measures will be discussed.

1.1 Kitchen Management and Organization

The art of planning, preparing and cooking meals for the customers is called kitchen management. The objective of kitchen management is to lead, organize and control the production and service of food. Chefs are the experts of the kitchen management. Executives are at the highest level of all areas in charge of chefs, pep cooks and junior staff.

1.1.1 Kitchen Organization Chart

The kitchen organization chart varies from restaurant to restaurant, depending upon the size of the establishment. The chart given below is a general organizational chart of a restaurant.



1.1.2 Duties and responsibilities of each position

Executive Chef:

- Develops recipes and menus for all retail food operations.
- Supervises food production.
- Maintains food cost standards and cost.
- Promotes safety and proper sanitation.
- Assists in taking inventory and purchasing supplies.
- Introduces new products.
- Acts as a replacement worker when short staffed.
- Handles customers' concerns and suggestions.
- Handles employees' concerns and issues.
- Controls food waste .
- May have full or final responsibility for job actions (e.g., hiring new staff, promotions, demotions, transfers, discipline, terminations).
- Schedules/assigns work.
- Sets production goals or job expectations.
- Other duties as required.

Sous Chef:

- Runs the kitchen when the head chef is away.
- Acts as a liaison between the executive chef and the kitchen staff.
- Manages food purchasing and storage.
- Maintains a safe and hygienic kitchen environment.
- Helps create new recipes and write menus.
- Instructs cook in preparing, cooking, garnishing and presenting food.

Chef de Partie:

- Reports for duty punctually wearing the correct uniform and name tag.
- Maintains a high standard of personal appearance, hygiene and grooming standards.
- Provides friendly, courteous and professional service at all times.
- Maintains a good working relationships with colleagues in all other departments.
- Responds to changes in the department as dictated by the needs of the hotel.
- Flexible in job functions and can perform any other reasonable duties and assigned responsibilities .
- Attends training sessions and meetings as and when required.

Commis (I, II, III):

- Familiar with all the food items on the outlet menu.
- Prepares food products according to the required standard.
- Follows standard recipes and minimises waste to help ensure that the outlet's food cost is in line with budget.
- Flexible wherever possible in meeting special requests from guests for specific food preparation methods and ingredients.

- Follows presentation guidelines as established by the Chef de Partie, Sous Chef or the Chef de Cuisine.
- Maintains the assigned station / section in a clean and orderly manner at all times.
- Up to date with the availability of seasonal and new products on the market.
- Treats all operating equipment and supplies carefully to minimise damage and reduce waste.

1.1.3 Kitchen and its types

The kitchen is an area where food is prepared and cooked for customer service. The purpose of the kitchen is to produce, the right quantity and quality of food at in the best standard required by the number of people through the effective use of staff, equipment and materials.

The types of kitchen vary according to the establishment. The basic types of kitchens are:

Main kitchen: The main kitchen is generally located at the central part of the hotel where the overall sequence of food receiving, storing, preparing, cooking, serving and clearing areas are properly designed and managed.

Speciality Kitchen: The speciality kitchen is constructed and established apart from the main kitchen to cater to a particular location.

Fast food kitchen: It is independently established to meet the pace of customers' busy life. It prepares and serves inexpensive food quickly. The Fast Food kitchen serves pre–heated and pre–cooked ingredients to the customer as fast as possible. It is specially located in public areas.

1.2 Inter Departmental Relation

The kitchen depends largely on certain departments for effective functioning. Smooth coordination is important and plays a vital role in success of any hotel or restaurant. Kitchen staff must be fully aware of the role of each coordinating department.

Front Office
Information regarding VIPs in house, room reports, billing, types of plan during guest stay.

Kitchen stewarding
Relates to cleaning, polishing and maintaining inventory of all utensils.

Purchase
Requisition of necessary utensils, equipment and materials.

Housekeeping
Relates to placing of VIP amenities and staffs uniforms.

Engineering and Maintenance
Relates to repair and maintenance of electrical equipment, air– conditioning, water supply, gas, steam etc.

Accounts
Requisition approval, salaries and inventories.

Human Resources
Hiring and firing of staff, increment, appraisal, procurement, development and training.

Sales and Marketing
Menu planning, food promotion, entertainment, food tasting and other events.

1.3 Personal Hygiene

Personal hygiene is personal cleanliness. Germs and bacteria are found in and around human bodies and can be transferred to anything that has contact with the body . Therefore, care and attention are essential in the kitchen.

1.3.1 Importance of Personal Hygiene

Personal hygiene is important because bacteria in our body (skin, nose, mouth or hand) can be transferred to foods and the people who eat the food can get sick. Therefore, personal hygiene plays an important role in preventing cross contamination.

- **Cross contamination:** Cross contamination is the transfer of harmful microorganisms or bacteria, from one substance to another.
- **Personal behaviours that can contaminate food are as follows:**
  - Scratching the scalp
  - Running fingers through hair
  - Touching the nose
  - Rubbing an ear
  - Touching a pimple/sore
  - Wearing a dirty uniform
  - Coughing /sneezing into the hand
  - Spitting

1.3.2 Personal hygiene in kitchen

Wash hands correctly and often (after using toilet, before entering kitchen, after a break, after smoking, before handling any food, after coughing, sneezing, touching any parts of the head and hair, handling rubbish, touching any pets and animals).

- Bathe daily.
- Wear clean clothes or uniforms daily and change aprons after they become soiled.
- Eat, drink or smoke only in designated non–food prep areas.
- Don't come to work when sick.
- Spitting, touching the nose, hair, mouth and sores should be avoided.
- Jewelleries, rings and watches should not be worn while working in the kitchen.
- Cuts and burns should be covered with water proof dressing.
- Hair should be properly covered.
- Nails should be clean and manicured.
- Ready–to–eat food should not be handled with bare hands.

1.4 Preparation and Setup of Work Area

Preparation means organising and completing in advance for the preliminary task involved in the preparation of a meal. Cleaning of the kitchen working area means keeping the kitchen working area clean, neat and hygienic.

1.4.1 Mise–en– Scene

Mise–en–scene means to prepare the kitchen environment in a pleasant, comfortable, safe and hygienic way. Before each service session, the kitchen should be presentable enough to deliver food orders to the guests. The supervisor or chef's team should ensure the mise–en–scene is ready.

1.4.2 Mise–en place

Mise–en–place means "putting things in place", as in set up. It refers to organizing and arranging the ingredients (e.g., cuts of meat, relishes, sauces, pre–cooked items, spices, freshly chopped vegetables, and other components) that a cook needs for the menu items that he or she expects to prepare during his/her shift.

1.4.3 Food production process

The food production process involves a number of inter–departmental activities such as:

- Ordering of ingredients.
- Collection of ingredients.
- Weighing and measuring them according to a standard recipe.
- Preparing different foods ready for cooking.
- Actual cooking and dishing out to serve.

1.4.4 Food preparation procedure

- Be alert and attentive.
- Organize work to minimise time and energy.
- Collect utensils required and check for cleanliness.
- Put away utensils and ingredients not required.
- Keep the work area clean and uncluttered.
- Check all the food items that need to be prepared according to the menu.
- Collect all the ingredients.
- Wash, clean, peel, cut, boil and cook fruits, vegetables and other ingredients as required.
- Use different chopping boards and knives for vegetables, fruits, cooked meat and raw meat.
- Begin with the dish that requires the longest time for preparation.
- Use a pair of tongs to handle hot utensils and oven gloves for baking dishes.
- Use a spoon to taste the food. Do not use your fingers to taste the food.
- Keep the cooked food covered, labelled with the date and name where it should be stored.
- Put things neatly in the dish that will be served.
- Serve hot food hot and cold food cold in appropriate dishes.
- Remove traces or spots of food from the rim of the serving dish with a clean damp cloth.

1.5 Kitchen Knife Drill and Safety

A knife is a cutting tool with a sharp edge or blade with or without a handle. The risk from using knives must be avoided to ensure people do not suffer cuts.

1.5.1 Knife and its type

Paring knife – A multipurpose knife used for small jobs such as topping and tailing vegetables, removing skins from onions and preparing small fruits.	
Steak Knife – A steak knife is used at the table (as opposed to the kitchen) to cut through especially tough foods, such as meat. Most are also decorative, since they are set on the table with the silverware.	
Filleting knife – A filleting knife has a medium–length blade that is narrow and flexible so it can bend while running along the bone structure of fish, particularly flat fish.	
Boning knife – A boning knife has a short to medium blade that is pointed at the end. It should be strong and rigid, not flexible like a filleting knife. The point is designed to get close to bones and cut away the meat.	
General chef's knife – It can be used on many different commodities such as vegetables, fruits, meat and poultry. This knife can be used across a variety of cutting techniques, including chopping, dicing shredding and slicing	
Carving knife – It has a long, thin blade. The knife should be very sharp to ensure accurate and efficient cutting.	
Serrated knife – This knife comes with serrated edges and are designed to slice certain foods with firm skins, such as tomatoes and capsicums.	
Peeling Knife– Also known as a Tourne Knife or Bird's Beak Knife. They can be used to cut decorative garnishes (such as rosettes or fluted mushrooms), slice soft fruits, or peel skins or blemishes.	

How to grip a knife?

- Choose knives which feel most comfortable in your hand.
- Grip the chef's knife in your dominant hand with all fingers on the handle of the knife.
- Curl the fingers of your other hand under the first knuckle with the thumb and little finger behind the other fingers. This position will serve as the stabilizer and guide while you are using the chef's knife.
- Place the blade of the chef's knife against the curled fingers of the other hand and begin chopping with a rocking motion.
- Keep the blade of the chef's knife in contact with the cutting surface at all times and chop with the back portion of the blade; not with the tip.

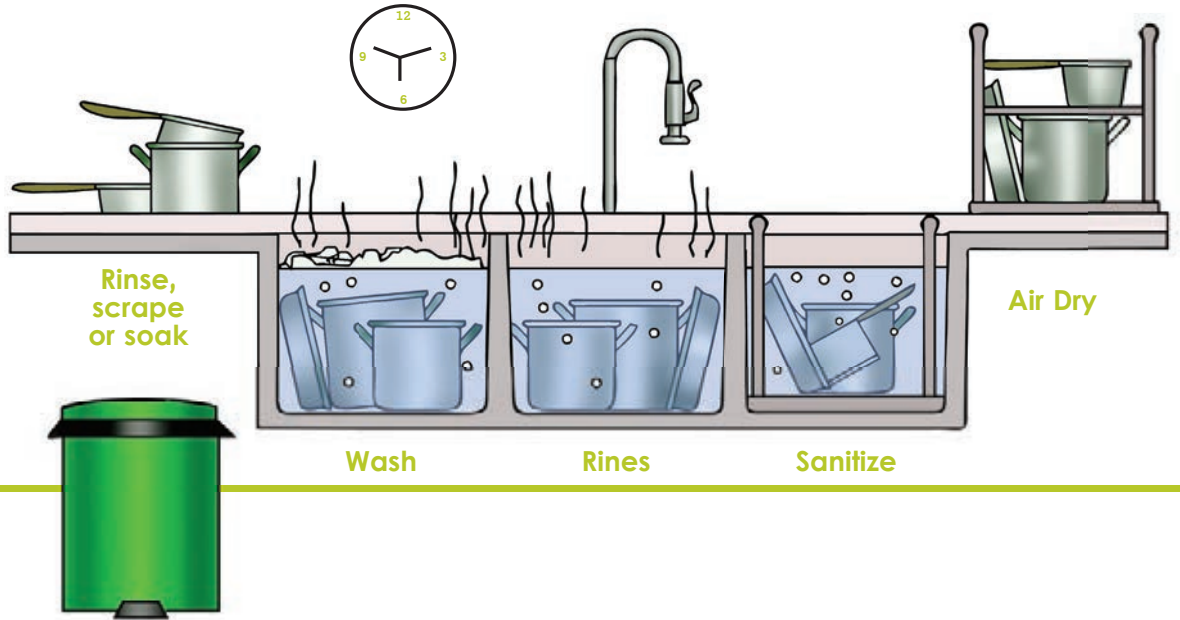
1.5.2 Knife Safety

Knives are particularly dangerous pieces of equipment if used incorrectly, however they are essential item for anyone working in the kitchen. Here are some reminders:
Knives are particularly dangerous pieces of equipment if used incorrectly, however they essential item for anyone working in a kitchen. Here are some reminders:

- Always place a knife on the bench to give to another person, rather that pass it by hand to the person.
- Never hold knives in the air or hold them with fingers overlapping the cutting zone. Never use the knife as a screwdriver or can opener.
- Don't wave a knife around, point with it or turn around with it in your hand. Place on the bench and then turn to talk to others. Never transport food on the blade of a knife.
- Never leave knives in sinks or under items. Blades are dangerous when they cannot be seen.
- Always keep the knives separate and individually contained, wrapped or held with the blade of the knives secured, this includes in your toolbox or even in the picnic basket. Never hide knives under anything.

1.6 Kitchen utensils, equipment, cleaning procedures

- Remove plate/pan waste. Stack the soil dishes according to the order of washing. The dish washing process is shown in the picture below:
- Dishes and pans that have food sticking to them should be soaked for some time.
- Wash the non–greasy items first in the following order: glass, cutlery, chinaware and wash the cooking utensils last.
- Let the dishes dry.
- All surfaces that come in contact with food must be washed, rinsed and sanitized: cutting boards, plates, utensils, pots, pans, refrigerator, and preparation tables.
- Clean wiping cloths before and during use by rinsing it in a sanitary solution.



1.6.1 Kitchen cleaning procedure

- Establish a routine cleaning schedule.
- Maintain good ventilation in the kitchen.
- Report any maintenance issues.
- Use exhaust fans to remove odours and smoke.
- Check exhaust fans/hoods are clean and operating properly.
- Use different cloths and dusters for cleaning the floor and cooking area.
- Clean ceilings, walls and floors in sequence.
- Remove any soot from the ceiling and walls with broom or brush.
- Clean walls around the food preparation area.
- Wash and wipe the stove with detergents.
- Clean and wipe dry the work surface, furniture, cooking range, racks and shelves with a clean cloth.
- Sweep, wash and mop the floors with water and disinfectant.
- Clean up spills immediately.
- Empty the wash the waste bins.
- Clean storage areas.
- Store chemical in original containers away from food with proper labelling.
- Clean the cleaning equipment, dry it and store it appropriately away from the guest area.

1.7 Weights and Measurements

A legal term for uniform standards used to define quantity, capacity, volume, or dimensions of anything. It is also the term used in the kitchen for the weight and measure of any ingredients for the preparation of any dishes.

1.7.1 Metric measurement system

The metric system is generally used in the kitchen. The basic units of the metric system define length (meter), mass (kilogram), and time (second). The metric system is based on standards accepted by international agreement, and it therefore provides a common basis for all scientific measurements.

1.7.2 Standard weight and measurements

Abbreviations used

C	Cup
T	Tablespoon
Tsp	Teaspoon
Ml	Millilitre
G	Gram
Kg	Kilogram
Oz	Ounce
L	Litre

1.7.3 Measure equivalent

1kg	1000g
1L	1000ml
1t	5ml
1C	240ml
1T	15ml
1oz	30g
8oz	1C
16T	1C
4L	1gallon

1.7.4 Oven Temperatures

(To convert C to F multiply by 9, divide by 5 and add 32)

Very Cool	110c
Cool	135c
Warm	160c
Moderate	175c
Fairly Hot	200c
Hot	220c
Very Hot	240c

Other Temperatures

Boiling	100c
Frying	175c
Pressure Cooking	120c

1.7.5 Important of weight and measures

Measuring and weighing is important for the following reason.

- Maintenance of good quality,
- Same taste and consistency in food production,
- Cost control,
- Avoid wastage of food,
- Follow standard recipe.

1.8 Food Poisoning and Food Hygiene

Food poisoning is an illness caused by eating contaminated food.

1.8.1 Causes of food poisoning

Food poisoning is caused by bacteria, viruses, toxins and wild mushrooms. This is due to several reasons:

- The food is not fresh.
- Food is stored at a warm temperature (in the danger zone 5 – 63°C) or for too long.
- Food is cooled too slowly before being refrigerated.
- Food is not reheated to a high enough temperature to kill the bacteria in it.
- Food (especially meat and fish) is undercooked or raw.
- Cooked food is contaminated by raw food, animals (flies), pests or unhygienic behaviour (cooking with dirty hands…).

1.8.2 Food poisoning symptoms

The symptoms of food poisoning are:

- Vomiting, diarrhoea, stomach cramps, fever, sweating
- Other serious illnesses related to food poisoning include:
  - Dysentery
  - Hepatitis A
  - Typhoid
  - Cholera

1.8.3 Food hygiene

Food hygiene means that the food is handled, stored, prepared and served in such a way, and under such conditions, as to prevent the contamination of food. It means keeping premises, staff and equipment clean and handling and storing food safely. Food should be prepared as safely as possible to lower the risk of people falling ill. Good practices should always be followed.

1.8.4 Importance of food Hygiene

- Food hygiene is important for health: Hygienic food = healthy life!
- Good food hygiene can prevent many illnesses, such as:
  - Food poisoning
  - Diarrhoea
  - Dysentery
  - Hepatitis A
  - Typhoid
  - Cholera
- Our nutritional status, health, physical and mental functions depend on the food we eat and how we eat it.
- Some people are more sensitive than others to unhygienic food (especially children, babies and elderly or sick people)
- To ensure good health,, kitchen staff should be aware of the standard norms and practices of hygiene and sanitation.

1.8.5 Principles of Food Hygiene

Ensure food hygiene by preventing cross contamination: This is the transfer of bacteria from a contaminated surface to an uncontaminated surface.

- Cross contamination and food poisoning are 100% preventable.
- Food can be contaminated at any stage in the food production and service process.

Food contamination is caused due to three factors, they are:

Biological	Germs
Chemical	Poisons
Physical	Pests and Animals

Biological Hazards

Harmful microorganisms (germs) are the cause of most food poisoning. Germs are very small living things and too small to see for your naked eye, for example bacteria, viruses, parasites, moulds. Bacteria may produce poisons (toxins) as they multiply. They multiply best at 40–140F (4–60C). This is known as the 'danger zone'.

They come from a variety of sources:

- People – unclean hands, coughing, or sneezing,
- Unsanitary facilities and equipment,
- Disease–spreading pests – cockroaches, flies, mice.

Prevention

- Control the conditions for bacterial growth. Example: avoid the 'danger zone'.
- Prevent pests and animals: flies, mice, rats, cockroaches (pest control and traps).
- Cover food, prevent children from touching food, do not stick fingers in food and do not let animals within the kitchen or dining area.
- Use different chopping boards for cooked meat, raw meat, fruits and vegetables or wash the chopping board thoroughly (with soap) before chopping items that could spoil each other (it also spoils the flavour: for instance onions, chilli, and garlic, followed by fruit, fish or meat).
- Sterilise foods, wash fresh foods (vegetables, fruit…) in water purified with chlorine, bleach, piyush or iodine. This is especially important for vegetables that are eaten raw. Be extremely carefully with leafy vegetables, roots (carrots and radish), cauliflower: 15ml of chlorine in 40 litres of water for cleaning purpose and 3 drops of chlorine (piyush) per litre for drinking purpose (wait 30 minutes).
- After washing, avoid contamination of foods and store in an appropriate way.
- Use clean dishes and utensils.
- Use fresh ingredients
- Respect expiry date on products,
- Discard leaking cans or packets,
- Cans should not be dented, or puffed (although they tend to in altitude, due to air pressure),
- Do not use food if the smell is strong and unpleasant,
- Store food and cover correctly , do not store raw and cooked foods together or the raw food may contaminate the cooked one.

- Keep the food in a cold and dry place.
- Cool cooked food down as fast as possible (danger zone between 5–63°C).
- Do not freeze (below 0°C) and unfreeze food repeatedly: once unfrozen, food should be quickly consumed.
- Use containers with proper lid and label them (name of the item and date).
- Clean and wash the store (and fridge) periodically.
- Ensure the store is free from animals, pests and rodents (traps can be used).

Chemical Hazards

Illness may results from harmful chemicals getting into food. Hazardous chemicals include – bleach, metals, pesticides, chemicals used for cleaning, etc.

Prevention

- Wash and peel foods.
- Store chemical in original containers away from food.
- Proper labelling on chemicals.
- Use according to manufacturer's recommendations.
- Wash hands thoroughly after working with chemicals.

Physical Hazards

Food can be contaminated by foreign objects getting into food, contaminants include: dirt, hair, insects, animals, glass, nails, staples, plastic, and packaging materials.

Prevention

- Wear proper clothes, shoes and cover or tie hair appropriately.
- Use commercial scoop for ice.
- Clean can openers regularly.
- Remove staples, nails from boxes outside of food preparation area.
- Clean and sanitize equipment regularly.
- Do not wear jewellery.

1.9 Food Storage

Food storage is the process in which both cooked foods and raw material are stored in appropriate conditions for future use without the entry or multiplication of micro–organisms.

1.9.1 Types of Food Storage

There are two ways in which food are stored, they are:

- **Cold:** Meat, poultry, fish, eggs, airy product, vegetables (all green vegetables) and fresh fruits (except banana).
- **Dry:** Grocery (canned, bottled, dry vegetable, dry herbs and species, dry fruits and dry meats and fish).

1.9.2 Basic food storage principle

Food and beverages are stored according to Basic Food Storage Principles.

- Wash items that need washing, wipe cans that need wiping..
- Rotation of stock, FIFO (first in first out, first manufacture first used).
- Each storage area should be separate from each other.
- Always cover Cut food items. e
- Storage area to be cleaned regularly.
- Maintain appropriate temperature depending on the type of food being stored.
- Overcrowding and over stocking of storage area blocks air circulation spoiling the food fast.
- Any kind of cross contamination must be avoided.
- Store fresh meat, vegetables, and eggs below cooked and prepared foods.
- Label foods with name and prepared date.
- Keep food in clean wrappers or containers.
- Store canned and dry foods in a cool, clean, dry place.
- Regularly check the temperature of the refrigerator.
- Never store chemicals near food.

1.9.3 Cooling process of cooked food before storage

- Do not leave cooked food at room temperature for more than 2 hours.
- Protect from contamination – loosely cover the food.
- Chill rapidly (ice–water bath and stirring).
- Use shallow storage containers.
- Never cool food at room temperature.
- When properly cooled to <41F (5C), cover tightly and label with name and date of preparation.
- Store cooked food on upper shelves of refrigerator.

1.9.4 Temperature of different store

Dry food store	10c to 21c
Refrigerated store	1c to 4c
Freezer store	–6c to –25c

1.9.5 Perishable items refrigerating temperature.

Shell Fish	1 day
Raw Fish	2 days
Minced Meat	1–3 days
Cooked ished	3 days
Poultry	2–3 days
Eggs	14 days

Meat	3–5 days
Cheese	2 week
Paneer	5 days
Milk	3–7 days
Cream	3 days

1.9.6 Care and Maintenance of Storage Equipment

- Refrigerator doors should have proper rubber sealing.
- Walk in/ deep freezer doors to be tightly sealed.
- Air vents must not be blocked.
- Proper stacking to be done.
- Ensure proper power supply.
- Cleaning should be done properly.

1.10 Kitchen Wastes

Kitchen wastes are leftovers, by products, unwanted items generated from perishable and non-perishable items used in the kitchen. For example: vegetable left ovesr, meat left overs, packaging materials (carton, labels, plastic), etc.

1.10.1 Problems relating to kitchen waste

- Open food waste attracts pests and animals, and increases the risk of contamination.
- Kitchen waste increases bacteria significantly which causes food poisoning.
- Waste in the kitchen looks unattractive and is unhygienic to guests.

1.10.2 How to minimise kitchen waste

- Use left over of vegetable and meat whenever possible. Example, use the leftover vegetable for soups, potatoes to make mash potatoes – helps to reduce food costs as well.
- Avoid overstocking as it leads to more food waste.
- Pre-planning of menu (one week in advance) is also advisable.

1.10.3 Principle of handling kitchen waste

- Separate waste from the food you are cooking.
- Separate the different kinds of waste: biodegradable waste goes into the compost, non-biodegradable waste has to be buried, recyclable waste can be resued through recycling. Re-usable waste can be reused for different purposes.
- Have at least two separate containers for waste in the kitchen – one for wet waste, and one for recyclable or dry waste.
- Have clean, closable containers, especially for wet waste.
- Secure waste from animals and pests.
- Empty containers often: dispose waste away as soon as possible and before it starts to smell.
- Wash containers often and thoroughly.
- Wash your hands after handling waste to avoid contamination.

1.11 Pest

A pest is an organism in the kitchen that spreads disease, and causes destruction. Therefore every precaution must have a pest free environment to reduce food contamination and avoid guests falling sick. Good pest control needs a good mechanism and systemic control. Without proper cleaning and monitoring, it is impossible to have a 100% pest free working place.

Following table indicates common pests and necessary measure to prevent.

TYPE OF KITCHEN PESTS	PREVENTIVE AND CONTROL MEASURES
• Mice and rats • Flies • Cockroaches • Fleas • Flying and crawling insects • Ants • Wall Lizard	• Keep the insects out – pests are attracted to insects. • Insect tray and fly killing device should be inspected to see that they are still functioning. • Hygiene must be maintained in all the areas. • Do not leave empty bottles or food cans around. • Dispose all waste food, crumbss and spilt liquid properly. • Dustbin area should be kept clean, washed and brushed down with disinfectants and bins should have tight fitting lids. • Storage area should be regularly inspected. • Exits, doorways, and corridor should be clean and maintained so that pests do not reside. • All entrances, exits, exhaust, and ventilations should be properly closed. • Periodical fumigation.

1.11.1 Pest Control

Pest control involves removing undesirable insects from the kitchen. It is a process of killing of animal pests of kitchen such as cockroach, rats, mice, flies etc.

1.11.2 Importance of pest control in kitchen

- **Avoid Contamination:** Good pest controls reduce the risk of contamination and lessens the risk of illness.

- **Maintains Reputation:** The success or failure of the restaurant depends on the reputation. The reputation can be ruined if pests are seen or if guests suffer from food poisoning. The loss of reputation of a restaurant can result to loss of customers and revenue.

1.11.3 Preventive majors of pest control

- Hygiene must be maintained in all areas.
- Do not leave empty bottles or food cans around.
- Dispose all waste food, crumbs and spilt liquid.

- Dustbin area should be kept clean washed and brushed down with disinfectants and they should have tight fitting lids.
- Insect tray and fly killing devices should be regularly inspected to check they are functioning.
- Storage areas must be regularly inspected.
- Exit areas should be properly maintained so that birds and other animals cannot creep inside.
- Periodic fumigation should be done.

1.12 Kitchen hazards, safety measures and handling

The kitchen is a place where a lot of equipment, tools, powerful electrical connections, different washing and cleaning agents and water reside. These things can be very dangerous and hazardous if proper measures are not taken. Proper management should take place from the design stage. Kitchen layout will be discussed later in the module.

1.13 Identify potential hazards in kitchen

The following major hazards can cause unwanted incidents in the kitchen:

- Hot surface liquid and food
- Chemical
- Electrical
- Fire
- Spills
- Sharp object

1.13.1 Hot and harmful substances in kitchen

Oil and other fluids such as water are commonplace in kitchens and it is important that you take extreme care when working with or in close proximity to hot liquids. It is important to try and avoid accidents from occurring. Unless precautions are taken, accidents may easily happen, so the kitchen personnel should take responsibility to avoid accidents in the work place.

In addition to training the staff to be aware of the causes of fire and personal injury, we should make the necessary safety inspections, reports to maintenance and follow up these reports. We all have a role to play to ensure we work and stay in a safe and secure environment.

1.13.2 Dealing with chemicals in the kitchen

Consider following points when dealing with chemicals:

- Do not store chemicals in kitchen; keep them in a designated chemical storing area.
- Use chemicals only in well–ventilated spaces.
- Store chemicals in a locked, dark, cool storeroom away from heat and direct from sunlight. Do not store chemicals near hot water heaters or operating machines.
- Read and follow the manufacturer's instructions carefully before you use the chemical.
- Ensure all chemical substances are stored in a secure location.
- Do not store chemical substances on a shelf above head height.
- Maintain clear separation of storage of hazardous substances from non–hazardous substances.

- Ensure that all hazardous substances are kept in undamaged containers with secure caps or lids.
- Record details of all hazardous substances kept and clearly mark them as hazardous.
- Dispose of all unidentified substances appropriately.
- Dispose of food which has been, or is suspected of being exposed to hazardous substances.
- Warn others to stay clear of spillage site and have clear marking where the spillage took place.
- Keep your face away from the chemical you are using — avoid breathing in fumes as some of these can burn you and make you feel sick, dizzy and even unconscious.
- Make sure that bottles of cleaning agents are clearly marked, and that chemical containers are not used for any other purpose, like storing food.
- Never use chemicals near an open flame or while you are smoking.
- Protect all parts of your body while you are using undiluted chemicals and take special care.
- Wear protective clothing such as rubber gloves and safety footwear.
- Keep your mind on what you are doing — one mistake and the chemical could spill and injure you.
- Avoid splashing cleaning agents, as they can land on your skin and burn you.
- Wash your hands after using cleaning agents.
- Keep your hands away from your face — swallowing small parts of some cleaning agents can burn your mouth and throat.
- Replace caps tightly immediately after use.
- Do not decant cleaning agents.
- Do not incinerate (burn) any empty aerosol cans as they explode.
- Never mix chemicals, such as bleach with acid toilet cleaner.

1.14 Common kitchen injuries

The major causes of injuries and accident in a kitchen are from cuts, slips, trips and falls, manual handling, fire, exposure to hot or harmful substances. The following table shows measures you can take to avoid injuries and minimize risk of hazards at work.

Cuts

- Never leave objects on the floor.
- Don't leave knives unattended.
- Clean up any broken glass or cans immediately. Wrap in paper before disposal.
- Keep fingers and hair away from the beaters and blades

Slips, trips, and falls

- Wipe up spills at once.
- Use a sturdy step stool or ladder to reach high items.
- Close cabinet doors and drawers.
- Store heavy equipment on low shelves.
- Avoid over–wetting floors when washing, as they could be slippery.
- Never run.
- Wear suitable shoes with a non–slip sole. You could trip in high heels or sandals.

Preventing electrical shock

- Read appliance booklets BEFORE using appliances.
- Keep cords away from water and hot objects.
- One plug in a power outlet at a time and unplug at power socket (outlet).
- Unplug power code from power out let BEFORE cleaning or doing any service.
- Hands should be dry ALWAYS when come in contact with electrical appliance.
- Stand on a dry surface when working with appliance.
- Check appliances for cut or broken cords and plugs and do service immediately.
- Never use a microwave if the door has been damaged.
- Turn on a microwave only if food or beverages are inside.
- Remove plastic wrap away from your body to avoid steam burns.
- Never put metal in the microwave oven or anything else, which is not suitable for microwave. Always refer to user manual.
- In the event of electric shock STAY CALM, EVALUATE THE SITUATION.

1.15 First Aid in Kitchen

First aid is an immediate and temporary treatment to a victim of sudden illness or injury in the kitchen while awaiting the arrival of medical aid. The essentials of kitchen first aid are designed to cover injuries that can occur in the kitchen from burns to knife cuts. So to prevent from major injuries first aid kits should be placed in the kitchen area. First aid consists of:

- First–aid manual
- Adhesive tape
- Adhesive bandages in several sizes
- Elastic bandage
- Antiseptic wipes
- Soap
- Antiseptic solution
- Burn cream
- Sharp scissors
- Safety pins
- Calamine lotion
- Alcohol wipes or ethyl alcohol
- Thermometer

1.15.1 Treatments of cuts and burns

Cuts: If you cut yourself wash the wound under cold water if the wound is shallow and bleeding stops then dry the skin around the wound with paper, a clean cloth or cotton wool and cover with a waterproof coloured plaster.

If the wound is deep:

- Apply pressure to it to stem the bleeding.
- Raise it above the heart.
- Seek medical attention.

Burns: If you burn or scald yourself apply cold water or ice, place hand under gently running cold water or wrap ice in a plastic bag and place gently on the affected area. Take care not to break the skin, if you spill quantities hot liquid onto clothing do not remove the clothing get under a cold shower or into a cold bath and get medical attention: removing the clothing will harm the skin.

1.16 Fire

Fire is the most threatening and the most common hazard in the kitchen. It does not discriminate between people and property. You have to take every possible precaution to reduce the risk fire in the working environment. Always observe burning stoves, microwaves, ovens that are connected to electricity. Ensure that there is clear fire evacuation plan in the kitchen that is visible to everyone and that everyone has been drilled as what to do in the event of a fire. It is absolutely essential that staffs are equipped with dealing with fire in a proper way.

1.16.1 Types of fire

- **Class A or Ordinary Combustibles:** This includes fuels such as wood, paper, plastic, rubber, and cloth.
- **Class B or Flammable and Combustible Liquids and Gases:** This includes all hydrocarbon and alcohol based liquids and gases that will support combustion.
- **Class C or Electrical:** This includes all fires involving energized electrical equipment.
- **Class D or Combustible Metals:** Examples of these types of metals are, titanium, potassium, and magnesium.
- **Class K** is for fires in unsaturated cooking oils in well insulated cooking appliances in commercial kitchens.

Wood, paper, cloth, Trash & other ordinary materials

Gasoline oil, paint and other flammable liquids

May be used on fires involving live electrical equipment without danger to the operator

Cooking media (Vegetable or Animal Oils and Fats)

1.16.2 Causes of fire

Following are the major sources that can cause fire incidents in the kitchen.

- Electricity.
- Cleaning supplies (liquid substances).
- Flammable liquids.
- Combustible liquids.
- Careless smoking.
- Improper storage.
- Unattended cooking.

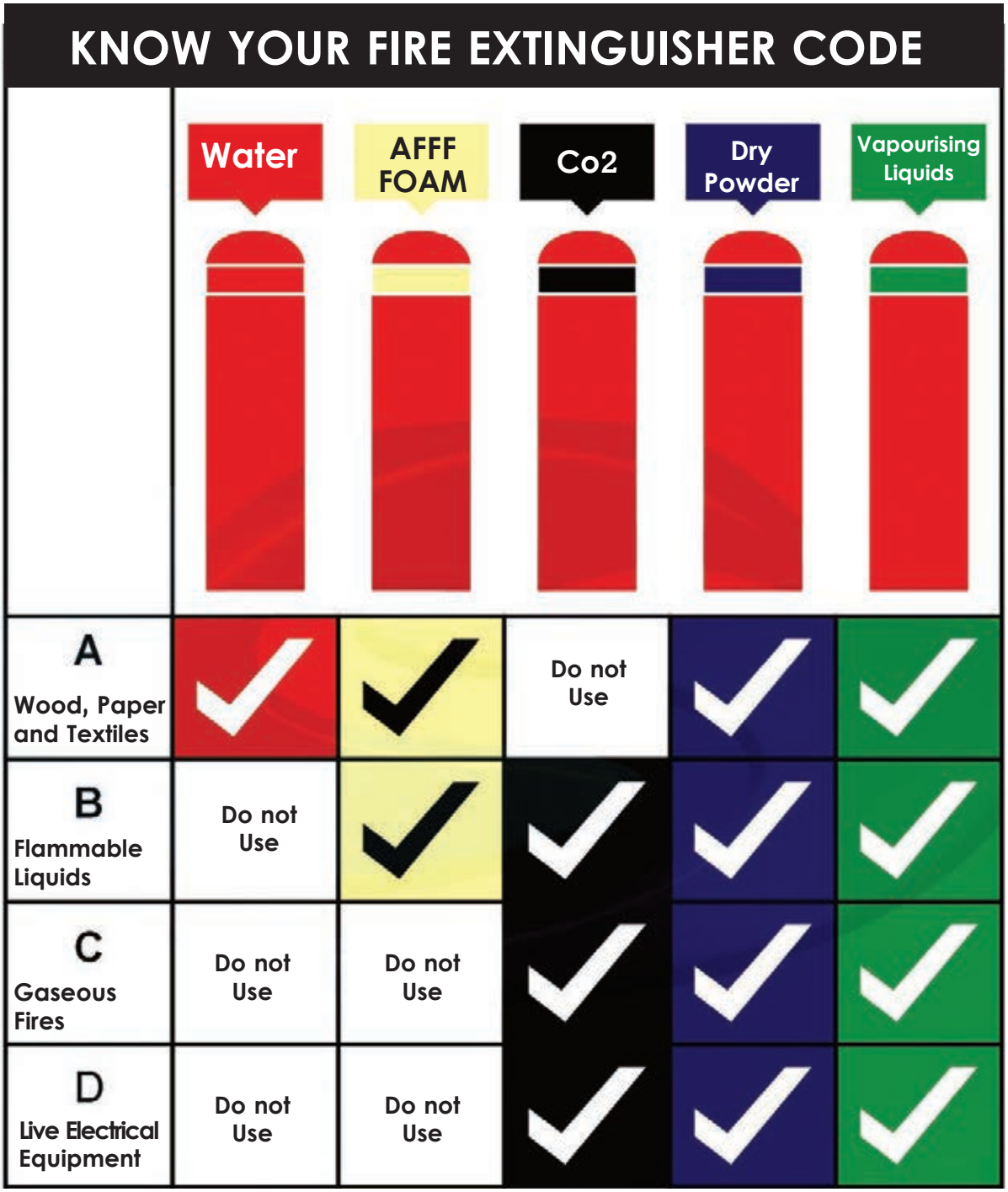
1.16.3 Preventing fire accidents in the kitchen

- Make sure all the electric appliances and burners are turned off before you leave the kitchen.
- Keep electrical appliances away from water to avoid electrical shock and fire.
- Stay away from electrical sockets, especially if your hands are wet.
- Make sure paper towels, dish towels and pot holders are kept away from the stovetop, so they do not catch fire.
- Never add water to dish that has hot oil in it as it could splatter, and hurt someone.
- Dress properly, don't wear loose fitting clothes.
- Never leave cooking unattended, if you must leave the kitchen for some reason turn off the cooker/stove etc.
- Avoid reaching over the stove for anything while cooking.
- Clean any grease build–up from the stove, oven and exhaust fan regularly, as cooking grease and oil can start a fire that can spread rapidly.
- Keep the stovetop clean and clear from grease.
- Do not put metallic materials in the microwave oven which may cause sparks and eventually damage the microwave.
- Prevent boil–over by not overfilling pots.
- Use a burner that's the appropriate size for the pan you're using.
- Do not smoke in the kitchen.
- Know how to use the fire extinguisher and their location.
- Keep combustibles like cloth, paper, oil etc. free from the hot surface.
- Have a good lighting in the kitchen and work area.

1.16.4 Type of fire extinguisher

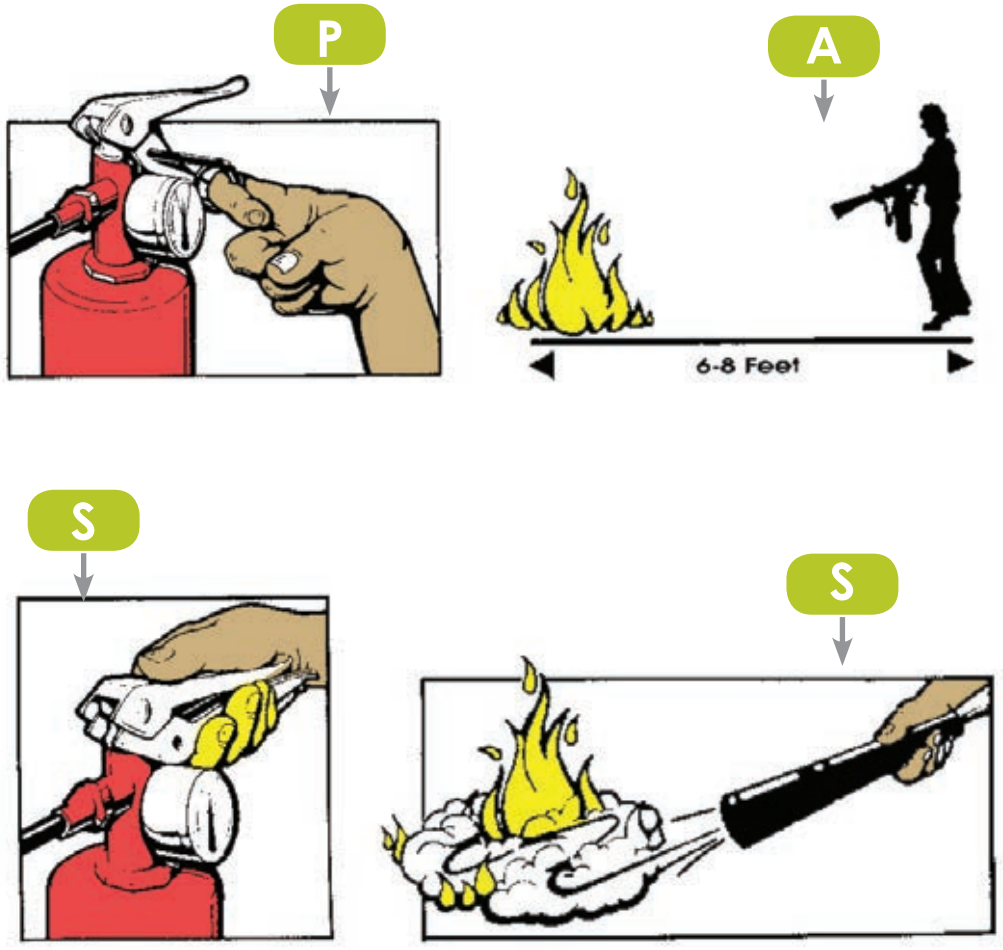
Commonly used fire extinguishers for civilian purpose are:

- Water based extinguisher.
- Dry chemical based extinguisher.
- CO2 based extinguisher.
- Foam based extinguisher.



When using a fire extinguisher, always remember the PASS

- **P** – **Pull** (pull the pin that locks the handle)
- **A** – **Aim** (aim the nozzle at the base of the fire)
- **S** – **Squeeze** (Squeeze the handle to discharge the extinguishing agent)
- **S** – **Sweep** (Sweep the nozzle from side to side, to cover the fire)



1.17 Kitchen planning

It is important to design a kitchen that works around your needs. The layout you choose will depend on the size of the room and the position of windows and doors. Most kitchen fall into four basic designs:

- Single line
- Double line
- U – shape
- L – shape

1.17.1 Points to be consider when planning a kitchen

- Key aspects when planning a kitchen are gas, electricity, water, health and safety, fire equipment, cookers, kitchen utensils, sinks/hand sink and ventilation.
- Ensure that there is enough space between the kitchen and the rest room; sewage and drainage pipes must be well secured.
- Available Space: available space is an important consideration regardless of whether you are building from the ground up or placing your commercial kitchen in an existing building.
- Employee Mobility: a well-arranged commercial kitchen will allow employees to easily move around without bumping into one another.
- Energy Efficiency: Energy efficiency should be a primary consideration for any commercial kitchen layout, because it saves money on utility costs.
- Locate electric toasters away from smoke alarms so these do not activate prematurely.
- Install a ceiling or window mounted extractor fan or a range hood above stove to disperse smoke.

MODULE 2

PRINCIPLE AND METHODS OF COOKERY

2 Introduction : Principle and Methods of Cookery

This module will provide you with an introduction about cooking and the objective of cooking, different cooking methods, different utensils and equipment. You will also learn about herbs and spices and how to best use them in food production.

2.1 Cooking

Cooking is a process of chemical and physical change in food items to create a complete dish in which more than two ingredients of food are combined and heated simultaneously by using various cooking methods and tools. Cooking gives variety to the menu, as one food item can be cooked in various ways and given different textures. For example mutton can be cooked as a soup, roast, steak, kabab or stew.

2.1.1 Objectives of cooking

The objectives of cooking are as follows:

- To kill the harmful bacteria and microorganism.
- For easy digestion.
- To improve the taste and flavour.
- To enchance presentation.
- To create palatability.
- To provide different shapes.
- To prevent the food from discolouring.

2.1.2 Method of Cooking

Following common cooking methods used in food production.

Dry–Heat Cooking:

1. **Roasting:** This is a method of cooking an item by enclosing it in hot and dry air, generally inside an oven at temperatures 180°C–230°C which generally depends upon the food items. Example: meat, vegetables, cereals.
2. **Baking**: It is a process of cooking with hot air in a closed oven at temperature 220°C and above. Example; Bread, cake, biscuits.
3. **Broiling and Grilling**: It is a method of cooking by radiant or direct heat under a grill or over a hot fire at temperature 200°F and above. Examples: fish, steak, stuffed tomato.

Frying Cooking Methods:

1. **Deep Frying Method:** Frying food in a large amount of fat in a deep pan at temperature 160°C–200°C . Example: french fries, chicken finger, cutlets.
2. **Shallow Frying Method:** Frying food in enough fat to prevent stickying at temperature 300°F and above. Example; egg, paratha, pancake.
3. **Sauteing:** Frying and tossing food in a small amount of hot fat in a frying pan. Example; Vegetables, noodles, bean sprouts.

Moist Cooking Method:

1. **Boiling Method:** Cooking food in boiling water at temperature 100°C. The heated water cooks the food. Example: eggs, meat, vegetables.
2. **Poaching Meathod:** Cooking slowly in a minimiun of water that is heated below boiling points at temperature 93°C– 95°C . Example; Fish egg.
3. **Steaming Method:** Cooking food by surrounding it with steam produce by boiling water at temprature 100°C–100°C . Example, mo:mo, vegetables, idli.
4. **Stewing Method:** Cooking in a covered pan using only small quantity of liquid which is kept simmering at temprature 120°C–140°C. Eaxmple; cuts of meat, fruits, vegetable.
5. **Braising Method:** A combined method of roasting and stewing. Example; various meats and vegetables.

2.1.3 Common Kitchen utensils and equipment

All appliances used in the kitchen are called kitchen equipment and utensils. They are used to save time and energy. Kitchen equipment are divided into three catogories:

- **Large equipments:** The large equipment are cooking range, steammer, oven, griller, deep fat fryer,dishwasher, refrigerator, walk–in freezer etc
- **Medium equipments:** Toaster, , blender, cutter, slicer, dekchi, tawa, prying pan, presscooker, karai etc.
- **Small equipments:** Differents types of knife, chopping board, ladles, strainer, spechula,whisk, moxing bowl, spoon, pots, bucket, measuring cups, glass, plates and trays etc.

Equipment and utensils used for food preparation and processing are :

Chopping/cutting board: It is board used to place material on to be cut. It is used in the kitchen for preparing food.

Frying Pan: A frying pan or skillet is a pan used for frying, searing, and browning foods.

Knife: A sharp–edged instrument consisting of handle attached to a blade used for cutting.

Measuring Cup: Used to measure the volume of liquid or powder–form cooking ingredients such as water, milk, juice, flour, and sugar etc.

Measuring Spoon: A measuring spoon is a spoon used to measure an amount of a substance, either liquid or dry, when cooking.

Meat grinder: It is for grinding, fine mincing meat, fish, vegetables or similar food.

Meat slicer : To slice meats and cheese.

Mixing Bowl : It is used for mixing of ingredients.

Stove: It is used for cooking food which uses gas as a fuel source.

Tablespoon: A type of large spoon usually used for serving. Also commonly used as a measure of volume used in cooking.

Teaspoon: A small spoon, suitable for stirring and sipping the contents of a cup of tea or coffee. It is also used for measuring.

Tray: It is for carrying things.

Wooden spoon: A wooden spoon or spatula is a spoon made from wood, commonly used in food preparation.

Soup Ladle: Which is used for serving soup or stews.

Whisks: It is for quick blending, mixing and whipping.

Following image shows different kitchen equipment

2.2 Herbs, Spices and Seasoning

Herbs are the leaves or stems of aromatic plants. The leaves of herbs contain oil which gives the characteristic of smell and flavour. They can be used fresh or died. It also increases the taste of food.

Spices are natural products obtained from fruits, seeds, roots, flower and barks. They are used for their flavour which helps to improve the taste of the food.

Seasoning is a process of enhancing or improving the flavour of the food.

Following image show some herbs and spices

2.2.1 Importance of herbs and spices

Herbs and spices are important for many different reasons, they include:

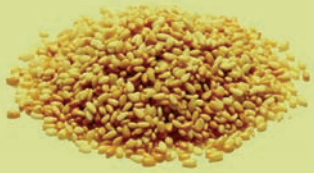
- Helps digestion, for example: clove oil increases appetite.
- Medical purposes, for example: turmeric powder acts as an antiseptic.
- Enhances the flavour, for example: bay leaves, pepper, cloves etc.
- Improves appearance, for example: turmeric powder, chili powder, saffron etc.
- Improve palatability, for example: salt, pepper, chili, coriander seed, paprika etc.
- Acts as preservatives, for example: salt, turmeric, cloves, mustard, ginger garlic.

2.2.2 List of the different herbs, spices and its usages

Herb or Spice	Source	Flavour	Best Used	Cooking Use
Basil	Leaves and stems of the basil plant.	Pungent, somewhat sweet	Fresh	Tomato dishes, with eggplant, for pesto, in Thai and Vietnamese foods, addition to salads and many cooked vegetables.
Bay	Leaves of the sweet bay tree.	Mild	Dried	In soups, stews and tomato sauces, and in shellfish boils. Remove leaf before serving.
Black Pepper	Berries of the pepper tree.	Pungent, somewhat hot	Dried, freshly ground	As condiment, in any dish you wish to make mildly hot.
Capers	Unopened flower buds from the caper bush.	Pungent	Pickled in brine	In sauces, as a garnish, and as a flavouring when pickling other foods.
Caraway	Seeds of the caraway plant.	Sweet, nutty	Whole	Hungarian goulash, cookies and cakes, apple sauce, herbal vinegars.
Cardamom	Seeds from the cardamom tree.	Sweetly spicy	Whole or ground	Stews, curries. Use sparingly, as it has a strong taste.
Chilli Powder	Dried, ground chilli.	Spicy, ot (heat depends on variety of chilli pepper used)	Ground	In chilli or other spicy dishes.

Chives	Leaves of the chive plant.	Sharp, onion or garlic flavour	Fresh; frozen if fresh not available	Garnish, blended with soft cheese, added to salads
Cinnamon	Dried bark of the cinnamon tree.	Pungently sweet	As dried sticks or ground powder	In sweet dishes or in curries and stews
Cloves	Dried flower bud of the clove tree.	Sweet or bittersweet	Dried and ground	Added to sweet dishes or as a contrast in stews and curries.
Coriander	Seeds of the coriander plant.	Spicy, sweet or hot	Ground or whole	In cakes, cookies, breads, as a pickling spice or in curry mixtures
Cumin	Seed of the cumin plant.	Peppery	Whole or ground	Soups, stews, sauces. Use sparingly.
Curry Powder	Combination of several ground spices.	Hot	Sparingly –- taste the dish in which you're using to gauge heat level	Curries
Dill	Leaves and seeds of the dill plant.	Mild, somewhat sour	Leaves best fresh; seeds used whole	Fish, eggs, potatoes, meats, breads, salads, sauces; dill seed used in pickling and to make dill–flavoured vinegar.

Fennel	Leaves and stems of the fennel plant.	Like anise, but sweeter and lighter	Raw or cooked	In salads (raw), in soups or stews (cooked).
Fenugreek	Seeds from the fenugreek plant.	Sweet, somewhat like burnt honey	Whole or ground seed	In pastries, as a flavouring for meat dishes and beverages, and to make syrups.
Garlic	Bulbs of the garlic plant.	Pungent, onion–like, mildly hot to very hot	Fresh; granulated acceptable substitute	Roasted, or flavouring for pasta sauces, pork roasts, herb butter, stuffing, and marinades.
Ginger	Roots of the ginger plant.	Mix of pepper and sweetness	Dried powder or freshly grated from root	Cakes, breads, cookies, as well as Asian dishes.
Mint	Leaves of the mint plant.	Various –– there are more than 30 species of mint	Fresh	In salads, with vegetables.
Nutmeg	Seeds of the nutmeg tree.	Warm, spicy, sweet	Freshly ground	In cakes and cookies, in sweet potatoes.
Oregano	Leaves of the oregano plant.	Similar to marjoram, but not as sweet	Fresh or dried	In Italian dishes, in chili, with vegetables, soups.

Parsley	Leaves of the parsley plant.	Mildly peppery	Fresh; dried a very poor substitute	As a garnish, in sauces, soups and salads.
Rosemary	Leaves of the rosemary plant.	Very aromatic, faintly lemony and piny	Fresh or dried	In meat (especially lamb) or fish dishes and Sauces.
Sage	Leaves of the sage plant.	Musty, slightly bitter	Fresh or dried	Beef, fish dishes, stews, stuffing; common sausage flavouring.
Salt	Salt mines, seawater.	Salty	Granular	Baking, preserving, curing, as a condiment.
Sesame Seeds 	Seeds of the sesame plant.	Nutty	Whole	In breads and cookies, in salad dressings.
Thyme	Leaves of the thyme plant.	Mint, lemony	Fresh or dried	In omelettes, stews, bland soups, and stuffing for chicken, or as flavouring for green salads and cooked vegetables.
Turmeric	Root of the turmeric plant.	Pungent, somewhat bitter	Dried and ground	Curries, East Indian recipes.

2.3 Portioning and Garnishing

Portioning is the amount of food given to one person known as a serving. Garnishing is the decoration of food or drinks with small colourful or savoury items.

2.3.1 Importance of portioning

Portioning helps to balance the food nutrition, to have consistence quantity to control the cost.

2.3.2 Standard Portion size

Fish Fillet	180–250 gms
Beef Steak	200–250 gms
Soup	200–250 ml
Pasta (for main course)	65–100 gms
Salad (appetizer)	90 gms
Salad (main course)	250 gms

2.3.3 Garnish and its type

Edible items are placed on the top or around the main dish to create an attractive look. They may be cooked or raw. There are mainly two types of garnishes:

- **Simple garnish:** It consists of single elements, for example: tomato soup with croutons.
- **Composite garnish:** It is made from number of ingredients varying according to the basic dishes, for example: lemon wedges and parsley with fried fish.

2.3.4 Importance of Garnish

Garnish creates an attractive appearance to the dish.

2.3.5 How to garnish food?

- Always garnish food before serving food
- Use appropriate accompaniments to garnish the dish
- (Example – coriander for Indian dishes, lemon for fish)
- Use contrast colour combination for garnish
- Never over do the garnish
- Use only edible items for garnish

MODULE 3

STOCKS, SAUCES AND SOUPS

3 Introduction

This module provides information about different types of stocks, sauces and soups, the different types and preparation methods, garnishing and accompaniments. It also provides commonly used recipes.

3.1 Stocks

Stocks are nutritious, flavoured liquids made by gently cooking vegetables, meat, chicken or fish (with bones) in water. They are important foundation liquid that are used in preparation of various dishes such as sauces, soups, stew, curries and also can be used for braising or poaching.

3.1.1 Types of stock

There are two types of stocks:

- **A white stock** – It is made from beef or chicken or fish or mutton (bones and off cuts) or vegetables along with a mirepoix, (a mirepoix are roughly chopped vegetables, such as onions, carrots, celery, and sometimes leek.) bouquet garni. Keep in a stock pot to boil and simmer for longer. The white stock can be chicken white stock, fish white stock, beef white stock, mutton white stock or vegetable white stock.
- **A brown stock** – It is made of chicken or beef or fish or mutton (bones and off cuts) along with mirepoix and bouquet garni. It is like white stock, only different is that for a brown stock the bones, off cuts and mirepoix have to be brown in the oven and keep in a pot to boil and simmer for longer. The brown stock can be chicken brown stock, fish brown stock, beef brown stock, mutton brown stock and vegetable brown stock.

3.1.2 Preparing different types of stock

Item: White Stock, Serving: 5 litres

INGREDIENTS	QUANTITY
Bone and off cuts of beef/ chicken/mutton/fish	2 kg
Onion	120gms
Carrots	360gms
Celery stalk	60g
Parsley stalk	30g
Leek	130g
Bay leaf	1 nos.
Sprig Thyme	1 nos.
Cold water	7 litres

Preparation Method

- Cut the bones and meat into 3'' to 4'' and remove the marrow.
- Wash and place into stock pot and add cold water.
- Bring to boil and remove the skim. Add the remaining ingredients.
- Reduce heat and let the stock simmer for 6 hours.
- Stain, re-boil and use as required.

Item: Brown Stock, Serving: 5 litres

INGREDIENTS	QUANTITY
Bone and off cuts of beef/ chicken/mutton/fish	2 Kg
Onion	120 gms
Carrots	360 gms
Celery stalk	60 gms
Parsley stalk	30 gms
Bay leaf	1 nos.
Sprig Thyme	1 nos.
Vegetable or olive oil	1 litres
Cold water	7 litres

Preparation Method

- Pre-heat oven to 425°F. Cut the bones and meat into 3'' to 4'' pieces and place with oil in a large flameproof roasting tray along with onion, carrots, and celery.
- Roast, until chicken and vegetables are golden brown, 1 to 1 1/4 hours.
- Transfer chicken and vegetables to a stockpot and add water and then bring to boil over high heat.
- Reduce heat and let the stock simmer for 6 hours. Remove the skim time to time.
- Stain, re-boil and use as required.

3.2 Sauce

Sauce is a seasoning served as an accompaniment to food, especially a liquid dressing or topping for food.

Roux

Roux is a cooked mixture of equal quantity of flour and butter. It is used as thickening agent for soup and sauces.

Types of Roux

There are three types of roux White, Blond and Brown. The colour and the flavour are determined by length of cooking time and the mixture. Ingredients of roux are flour and butter.

3.2.1 Types of Sauce

There five mother sauces. They are as follows:

- **Béchamel Sauce:** Milk based sauce thicken with a white roux.
- **Espagnaole Sauce/Brown Sauce:** It is made from meat stock, mirepiox, brown roux and herbs.
- **Velouté Sauce:** It is white stock based sauce, thickened with white roux.
- Hollandaise and Mayonnaise Sauce: They are made with mixture of egg yolk, butter and lemon and vinaigrette.
- **Tomato Sauce:** It is made primarily out of tomatoes.

3.2.2 Preparing different types of sauce:

Item: Béchamel Sauce, Serving: Makes 800 ml

INGREDIENTS	QUANTITY
Flour	80 gms
Butter	80 gms
Milk	1 litre
Shredded onion	50 gms
Clove	4 nos.
Bay leaf	1 nos.

Preparation Method

- Prepare white roux; allow oil to cool.
- Boil the milk with onion, clove and bay leaf 10 minutes by covering.
- Strain milk mixture and gradually mixed with roux.
- Simmer gently for 30 mints starring frequently to prevent sticking.
- Pass through the fine strainer and finally the sauce is ready.

Derivatives of Béchamel Sauce: Cream Sauce, Cheddar Cheese Sauce

Item: Brown/Espagnaole Sauce, Serving: Makes 800 ml

INGREDIENTS	QUANTITY
Butter	80 gms
Flour	80 gms
Tomato paste	50 gms
Brown stock	1 litre
Carrot	80 gms
Onion	80 gms
Bacon	40 gms

Preparation Method

- Prepare brown roux and allow cooling. Add tomato paste.
- Gradually add hot brown stock, boil and stir continually.
- Fry carrot, onion, bacon until its get golden brown and add to the sauce.
- Simmer it for one hour, stirring frequently.
- Pass the sauce through strainer.
- Sauce should be reddish brown not too thick.

Dérivatives of Brown/Espagnaole Sauce: Bordelaise, Lyonnais

Item: Veloute Sauce, Serving: Makes 800 ml

INGREDIENTS	QUANTITY
Butter	60 gms
Flour	60 gms
Chicken stock	1 litre
Mushroom	50 gms

Preparation Method

- Prepare blond roux allow cooling.
- Gradually add hot chicken stock, and mushroom, stir frequently.
- Simmer it for one hour, strain and used as required.

Derivatives of Veloute Sauce: Supreme Sauce, Sauce Allemande

Item: Hollandaise/ Mayonnaise Sauce, Serving: 4 portions

INGREDIENTS	QUANTITY
Eggs yolk	2nos
Lemon Juice	1 table spoon (15ml)
Vinegar	1 table spoon (15ml)
Mustard paste	1 table spoon (15ml)
Salt and pepper	pinch
Vegetable oil	110 ml

Preparation Method

- Place egg yolk, mustard, vinegar, lemon juice salt, and pepper in a bowl
- Add oil very slowly, whisk continuously, and add 1 tablespoon of boiling water until it gets the texture of the sauce.

Dérivatives of Hollandaise/ Mayonnaise Sauce: Bavaroise, Mousseline

Item: Tomato Sauce, Serving: Makes 800 ml

INGREDIENTS	QUANTITY
Tomato paste	80 gms
Butter	60 gms
Flour	60 gms
White stock	1 litre
Salt and pepper	To taste

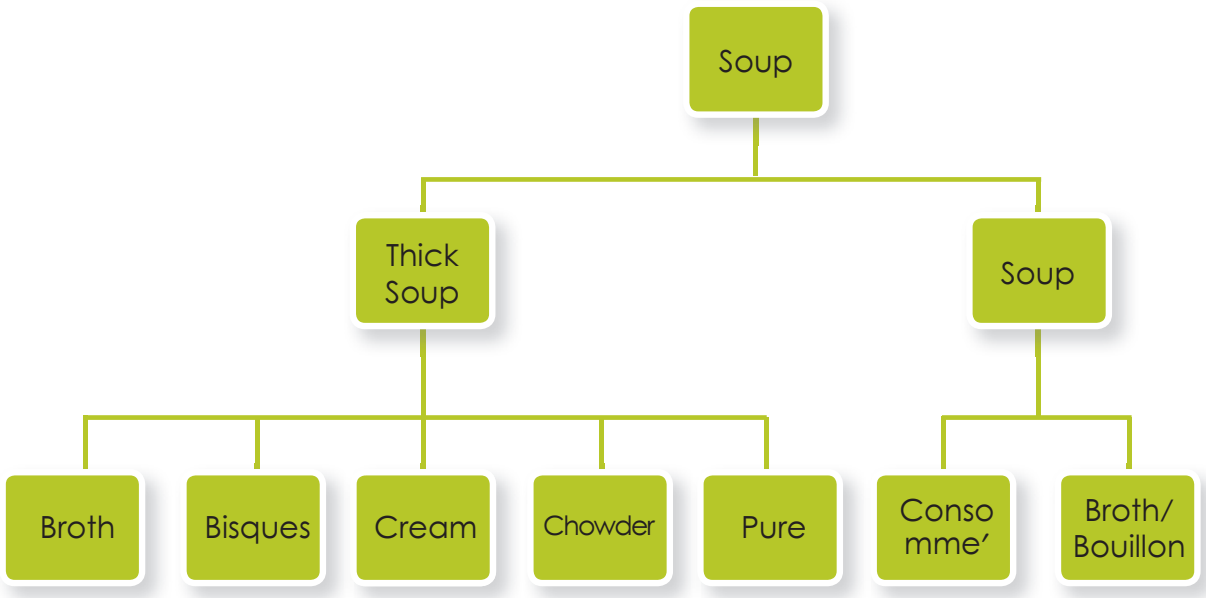
Preparation Method

- Make a blond roux, stir frequently, and add tomato paste, salt and stock.
- Cook for 10 minutes and stir frequently and sauce is ready.

Derivatives of Tomato sauce: Marinara sauce and Napolitano sauce.

3.3 Soup

Soup is a liquid food that is prepared from fish, meat, vegetables, stock combined with various other ingredients. It is used to enhance flavour, taste and it contain nutrients extracted from solid food. It is easily digestible and palatable. The thickness of the soup may also be adjusted by using variety of thickeners. It can be served hot (at 90°C) and cold (at 10°C–12°C). A portion of soup is usually served between 200ml to 250ml depending upon the type of soup and the number of course to follow.



3.3.1 Types of Soup

There two types of soup. They are thick and thin soup.

Thick Soup: Thick soup is made from stock but are thickened by adding milk or cream, vegetables, eggs, rice or grain. Thick soups are of various types such as broth, cream soup, bisques, chowders, purees.

- **Broth:** It is made of a foundation of clear stock. It can be a thin soup but more often it is made thick soup by adding, rice, vegetable and barley.
- **Cream Soup:** To make a cream soup the ingredients are blended after cooking a small portion of cream or milk is folded into the soup.
- **Bisques soup:** It is generally rich and thick being made from poultry, fish or shell fish.
- **Chowders Soup:** Often seafood forms the basis of chowder and supplemented with vegetables and croutons.
- **Puree:** It is a smooth soup made by blending the ingredient after cooking process is finished. It is not as thick as cream soup.

Thin Soup: Thin soups are made from the prepared stock using either meat or vegetables to give it flavour. The main varieties of soup are consommé and bouillon.

- **Consommé:** A consommé is a richly flavoured broth made from fish, meat, poultry or vegetable stock. It can be served by itself or as an appetizer. For example: chicken consommé.
- **Broth/Bouillon:** Broth is generally the water in which bones, meat, fish, grains and vegetables have been cooked. It makes a watery soup and often rice or other grains are added to make it more robust. For example: minestrone soup.

3.3.2 Garnish and accompaniments of soup

There is no rule in cooking that says every meal must be garnished however, if garnish is used it should be fresh, colourful, edible and should be suited to the meal. Garnish helps to give visual appeal to the soup. Garnish should be small and dainty. The examples are garnish are as follows:

Greeted cheese, chopped fresh herbs, croutons, chopped toasted almonds, walnuts, cream, cud or a dot of butter, macaroni, spaghetti, small dices of meat, vegetables, small cheese balls, fried bread cubes and pieces, nuts, fried onion, chopped herbs and spices, sour cream, fried garlic etc.

Accompaniments are additions to the main ingredient of a meal. Accompaniments are typically things like vegetables and side salads but they also include sauces and relishes. Sometimes the accompaniment also comes with a garnish of its own.

The soup accompaniments are as follows: Bread, crackers, croutons, fried bacon, toast, fried onion, bread sticks etc.

3.3.3 Preparing different types of soup

Item: French Onion Soup, Serving: 4 Portions

INGREDIENTS	QUANTITY
Brown Stock	1 litre
Sliced Onion	50 gms
Salt, Pepper	To taste
Oil	100 ml
Bread	½ pkt
Grated Cheese	100 gms
Chopped Parsley	For garnish

Preparation Method

- Heat the oil and slightly brown the sliced onion and keep it aside.
- Prepare brown stock and season it.
- Add brown sliced onion into brown stock.
- Cut the bread into round shape, top with grated cheese and bake it in salamander.
- Serve soup with hot baked bread and chopped parsley.

Item: Minestrone Soup, Serving: 4 Portions

INGREDIENTS	QUANTITY
Vegetables stock	1 litre
Olive Oil	2 tbsp
Beans	50 gms
Cabbage	50 gms
Bacon	50 gms
Red wine vinegar	½ tbsp
Salt, pepper	To taste
Pasta	100 gms
Spring onion	30 gms
Mixed herbs	1 tbsp
Parsley stalk	1 tbsp
Tomato puree	2 tbsp

Preparation Method

- Wash, peel and cut carrot, beans, cabbage into dice shape.
- Cut smoked bacon into dice shape and deep fry it.
- Chop garlic and cut parsley stalk and spring onion into dice shape.
- Boil pasta and keep it aside.
- Heat oil, fry carrot, beans, onion, garlic and sauté for few minutes.
- Add stock and bring to boil.
- Add cabbage and fried bacon and boil pasta.
- Add mixed herbs and spring onion.
- Add tomato puree, red wine vinegar and stir well.
- Add salt, pepper and stir properly.

Item: Cream of Mushroom, Serving: 4 Portions

INGREDIENTS	QUANTITY
White stock	1 litre
Mire poix	50 gms
Bouquet garni	1 no.
Butter	50 gms
Flour/ Béchamel	50 gms, 100 ml
Salt, pepper	To taste
Cream	100 ml
Bread slice	1 slice
Chopped mushroom	200 gms
Chopped Parsley	For garnish
Fresh cream	For garnish

Preparation Method

- Melt butter, add mire poix and flour and prepare white roux.
- Add warm stock slowly and stir continuously.
- Add bouquet garni and season lightly and simmer for some time.
- Pass through fine strainer.
- Return to a clean pot, add chopped mushroom and let it simmer for some time.
- Add cream and stir.
- While serving, garnish with chopped parsley and fresh cream.

Item: Puree St. German/ Thick Pea Soup, Serving: 4 portions

INGREDIENTS	QUANTITY
Green peas	200 gms
White Stock	1 litre
Carrot	50 gms
Onion	50 gms
Bouquet garni	1 no.
Bacon	50 gms
Tomato puree	2 tbsp
Salt, pepper	To taste
Butter	50 gms
Sauté bread	1 slice

Preparation Method

- Melt butter, add carrot, onion and flour to it. Cook until it gives sandy texture.
- Add stock, green peas, tomato puree and bacon to the texture.
- Add seasonings and let it simmer.
- Grind the mixture and pass it through the strainer.
- Replace to the clean sauce pan, re-boil for correct seasoning and consistency.
- Garnished with bread crouton.

Item: Chicken Sweet Corn Soup, Serving: 4 portions

INGREDIENTS	QUANTITY
Chicken	400 gms
Chicken Stock (White stock)	1 liter
Sweet Corn	200 gms
Corn flour	40 gms
Water	45ml
Salt, pepper	To taste
Egg white	1 nos

Preparation Method

- Boil the chicken in the stock for 20 minutes. Keep the stock aside and shred the chicken.
- Add corn in the stock and cook for few minutes.
- Make a paste of the corn flour and water and it to the soup and cook for few minutes.
- Add seasonings and let it simmer. Add the lightly beaten egg white. Stir with a fork in one direction to give threads of the egg white.
- Serve hot, garnish with the chicken shreds.

Item: Yakhni Shorba, Serving: 4 portions

INGREDIENTS	QUANTITY
Water	5 litre
Mutton bones	As required
Coriander seeds	150 gm
Ginger	40 gms
Garlic	45ml
Onion	50 gm
Black Cardamom	15 gm
Green Cardamom	10 gm
Mace	5 gm
Bay Leaf	10 gms
Cinnamon	10 gms
Cloves	10 gms
Cream	20 ml

Preparation Method

- Blanch bones.
- Prepare stock with above ingredients and simmer till stock is reduced to 1 litre, add salt.
- Finish off with warm cream.
- Serve hot.

Please note: All the soups are served with bread stick, bread rolls.

MODULE 4

VEGETABLES, FRUIT AND SALADS

4 Introduction : Vegetables, Fruit and Salads

This module will introduce different types of vegetables, fruits and salads that are used in the kitchen, their preparation and cooking and serving methods including storage procedures and principles.

4.1 Definition of Vegetable

Vegetables are the edible portions of herbaceous plant whose fruit, seeds, roots, tubers, bulbs, stems, leaves, or flower parts are used as food, such as the tomato, bean, beet, potato, onion, asparagus, spinach, or cauliflower. Vegetables add colour, texture and flavour to a meal. Vegetables can be served as a main dish or as an accompaniment to the main dish.

4.1.1 Types of Vegetables

- **Root:** The root anchors the plant to the ground and absorbs and transports moisture and nutrients from the soil up to the rest of the plant. Examples of root vegetables are carrot, turnips, beet–root, radish, horseradish etc.
- **Tubers:** A tuber is an underground steam, which carries nutrients from the root to the rest of the plant. Example of tubers vegetables are potatoes, sweet potatoes, artichokes, yams etc.
- **Bulbs:** The plant, whose nutrient is stored underground in a form of bulb. The main edible part of these vegetables is their bulb. Example of bulbs are garlic, onion, leeks, shallots etc.
- **Leaves:** Usually green, flattened, lateral structure attached to a stem and functioning as principal organs of photosynthesis and transpiration in most plants is leaves. The examples of leafy vegetables are lettuce, cabbage, spinach, Chinese leaves, Swiss chard etc.
- **Steam:** The main body portion of a tree, shrub or other plant which is above ground is steam. The example of the stem is asparagus, celery, and fennel.
- **Fungi**: Any of a group of unicellular, multi–cellular or syncytial spore–producing organisms feeding on organic matter is fungi. The example of fungi vegetables are mushrooms, morels etc.
- **Fruits**: The sweet and fleshy product of a tree or other plant that contains seed and can be eaten as food is fruits. The examples of fruit vegetable are tomatoes, peas, pumpkin, zucchini, avocado, cucumber etc.
- **Flower**: The reproductive structure of the seed bearing plant is known as flower. The examples of flower vegetables are broccoli, brussels, cauliflower etc.
- **Pods or seed:** The grains or ripened ovule of plants capable of germination to produce a new plant is seed. The examples of legumes or seed are French beans, peas, baby corn etc.

Following image shows different types of vegetables

4.1.2 Seasonal vegetable availability

- **Spring :** Asparagus, Carrots, Cauliflowers, Turnips, Broccoli etc.
- **Summer :** Artichoke, Broad beans, Sweet corn, Peas, Lettuce etc.
- **Autumn :** Celery, Mushrooms, Red Cabbage, Shallots, Runner Beans etc.
- **Winter :** Brussels sprouts, Parsnips etc.

4.1.3 How is vegetable processed?

SEQUENCE/STEP	PROCESS
1. Sinking	Vegetables are dipped in water to loosen the foreign particles
2. Washing	Wash in water to ensure the cleaning of foreign particles
3. Trimming	Trimming is done to obtain the edible part)
4. Rinsing	Rinsing in running water gives final cleaning to the vegetables
5. Sanitizing	Sterilise vegetables in water purified with chlorine, bleach, **piyush** or iodine. This is especially important for vtegetables that are eaten raw: 15ml of chlorine in 40 litres of water for cleaning purpose
6. Storing	Stored in the refrigerators in 5–10 c for further use

4.1.4 Vegetable cuts and preparation method

The preparation methods of vegetables are as follows:

- **Peeling:** Roving the outer skin of vegetables which is inedible. Example peeling of potatoes
- **Skinning:** Has the same meaning as peeling but usually refer to skinning tomatoes rather than peeling tomato.
- **Shelling:** Removing the hard outer covering or the shell. Example removing peas from pods.
- **Chopping:** Cutting into pieces. Example chopping onion, garlic or parsley.
- **Shredding:** Cutting into long narrow strips. Example cabbage for chowmein.
- **Slicing:** Cutting the vegetables to form circular in shape. Example tomato slice, onion slice.
- **Trimming:** Cutting parts of vegetable which are not eaten. Example: root of spring onion.
- **Grating:** Rubbing against the serrated edge of a grater to produce fine shreds. Example grating of carrot for coleslaw.
- **Topping and Tailing:** Cutting both ends of a whole carrot or French bean.

4.1.5 Types of vegetables cuts

- **Julienne:** 1mm thin stripes
- **Mincing:** Roughly chop vegetable on cutting board with chef's knife.
- **Brunoise:** 1mm cubes
- **Macedonia:** 5mm cubes
- **Jardinière:** 2x2x15mm stick shaped
- **Scallops (slice):** 12mm diameter
- **Paysanne (different shapes):** Triangle 10mm each side, Square 10 mm each side, circle 10mm diameter.

4.1.6 Vegetable cooking methods

Methods of cooking vegetables are as follows:

- **Boiling:** Cooking vegetables in boiling water. (boil underground vegetables in cold water and above ground vegetables in boiling water)
- **Blanch:** Boiling vegetables for a short time until the vegetables are partly cooked.
- **Reheating:** To reheat the cooked/boiled/blanch vegetables.
- **Steaming:** Cooking vegetables in boiling water steam.
- **Roasting/Baking:** Cooking the vegetable with hot air in an oven.
- **Grilling:** Cooking vegetables in hot plate with direct heat.
- **Frying:** Cooking vegetables in a fat.

Some of the popular vegetables dishes are: French fries, sauté vegetables, grilled vegetables, stuffed tomatoes, roasted vegetable salad, baked potatoes.

Following image shows different vegetable cuts

4.1.7 Vegetable Storage

Remember the following when storing vegetables:

- Store potatoes, onions, garlic, and uncut pumpkin in a dry place (not in the fridge).
- Most vegetables, for example, carrots, cut pumpkin, zucchini, eggplant, capsicum and broccoli, are best stored in the vegetable crisper of the refrigerator.
- Keep mushrooms in paper bags in the fridge.
- Buy fresh vegetables often and consume them soon after purchase. Avoid storing them for more than 3–4 days.
- Store fresh herbs in the refrigerator in a sealed freezer bag. They keep well for 4–6 days.
- Small quantities of left over fresh vegetables such as carrots, beans, broccoli, snow peas and celery are great for stir fries or soups.
- Asparagus lasts longest when you stand the spears upright in a glass containing 1–2cm of water. Cover the tips of the spears with a plastic bag and it can be store in the fridge for up to five days.
- Broccoli, in a sealed plastic bag, can be stored in the fridge for up to three days.
- Capsicum and carrots should be stored in a plastic bag in the crisper for up to one week.
- Mushrooms, kept in a paper bag, can be stored in the fridge for up to five days.
- Ripe tomatoes can be stored in the fridge for up to two days.
- Beans, celery, peas, spinach and zucchini are best stored in a sealable plastic bag in the fridge for up to four days.
- Cooked vegetables should be well covered and store above the raw vegetable and meat in the fridge.

4.1.8 Garnish and serving vegetables

Remember the following when garnishing and serving vegetable:

- Always garnish vegetables before serving.
- Use contrast colour combination for garnish.
- Never over do the garnish.
- Use only eatable items for garnish.
- Cutting technique enhance the presentation.
- Vegetables are served as accompaniments and main dish.

4.1.9 Preparing different types of Vegetable Dishes

Item: Stir Fry Vegetables, Serving: 4 portions

INGREDIENTS	QUANTITY
Cauli Flower	200 gms
Broccoli	200 gms
Pokchoy	100 gms
Carrot Slice	100 gms
Oil	25 ml
Chopped ginger and garlic	40 gms
Galangal slice	20 gms
Lime leaves	5 to 6
Soya sauce	10 ml
Oyster sauce	10 ml
Fish sauce	10 ml
Seasoning	to taste
Conflour	as required
Coriander	5 gms

Preparation Method

- Clean all the vegetables and cut into slice.
- Blanch and refresh all vegetables.
- Heat oil on a pan, sauté chopped ginger, garlic and sliced galangal.
- Add all refreshed vegetables and stir fry for a while.
- Add the soya sauce, oyster sauces, fish sauce and the seasonings.
- To get correct consistency add diluted corn flour and cook for a while.
- Garnish with chopped coriander.
- Serve hot.

Item: Mismas Tarkari, Serving: 4 Portions

INGREDIENTS	QUANTITY
Chopped Onion	100 gm
Chopped Tomato	100 gm
Oil	50ml
Carrot	200 gm
Capsicum	150 gm
Coriander Leaf	1 Bunch
Bodi	150 gm
Beans	150 gm
Turmeric powder	1 tbs
Coriander Powder	2 tbs
Cumin Powder	2 tbs
Chilli Paste	1tbs
Seasoning Salt	To Taste

Preparation Method

- Take a pot, heat it andand add oil.
- Add Chopped onion andand Tomato then stir till it becomes light brown.
- Add turmeric, cumin, coriander, chilli powder and keep on stirring.
- Add blanched vegetable (as mentioned above) and stir.
- Add the seasoning and stir.
- Cool it slightly and serve it with a smile.

Items: Aloo Gobi Mattar ko Tarkari, Serving: 4 portions

INGREDIENTS	QUANTITY
Potato	250gm
Cauliflower	250gm
Green Peas	100gm
Onion	150gm
Tomato	100gm
Ginger Garlic Paste	30 gm
Cumin Powder	2 tsp
Cumin Seeds	2 tsp
Turmeric	1 tsp
Salt	To Taste
Coriander powder	2 tsp
Chilly	5 gm
Garam Masala	1 tsp
Oil	50 ml
Coriander Leaves	1 bunch

Preparation Method

- Peel the potato, Cut into sliced and deep fry.
- Prepare Cauliflower, peas wash them and deep fry.
- Fry Onion till golden brown. Add tomato, ginger–garlic paste, salt turmeric, coriander powder, chilli powder, cumin powder.
- Then add potato, cauliflower and green peas.
- Cook for some minutes and garnish with coriander leaves.

Item: Palak Paneer, Serving: 1 portion

INGREDIENTS	QUANTITY
Spinach	150gm
Oil	5ml
Cumin Seed	½ tsp
Onion, chopped	25gm
Tomato, chopped	50gm
Ginger chopped	5gm
Garlic chopped	5gm
Paneer Sliced	40 gm
Salt	To Taste
Water	15ml

Preparation Method

- Clean, wash and chop the spinach. Boil the spinach for few minutes. Grind to a paste.
- Heat the oil in a pan, fry the cumin seed. Add the finely chopped onion, ginger, garlic and fry lightly. Now add the chopped tomatoes. Cook till the oil separates.
- Add the ground spinach and long thin pieces of paneer and allow simmering for few minutes and serving hot.

Item: Parsley Potato, Serving: 1 portion

INGREDIENTS	QUANTITY
Potato	100gm
Parsley, chopped	5gm
Butter	10gm

Preparation Method

- Boil the potatoes. Peel and dice.
- Cream the butter, add the chopped parsley and mixed well.
- Roll the potatoes in parsley butter. Serve as an accompaniment with meat dishes.

4.2 Fruits

Fruits are the sweet and fleshy products of a tree or other plant that contains seeds and can be eaten as food. They are rich in food value, containing cellulose minerals, vitamins and are a valuable source of fibre.

Fruits are used in many different ways. They are used freshly in horsd'oeuvres of fruit cocktail and juices. They are served as dessert after a heavy meal or for breakfast. Fruits are used in hot or cold pastry and sponge based dishes. They may be used to garnish food such as poultry and fish dishes and are also made into sauce to accompany meat dishes. Fruits can also be cooked, stewed, jellied and can be preserved as jam.

4.2.1 Classification of Fruits

Following are general classification of fruits:

Stone fruits: Apricot, cherries, peaches, plums, greengages, nectarines etc.
Convenience product: Canned, syrup, solid packed, frozen, dehydrated flakes and dried.

Soft fruits: Raspberries, strawberries, black berries, blueberries, gooseberries, currants etc.
Convenience product: Jam, syrups, squash jellies, canned, frozen pie and filling.

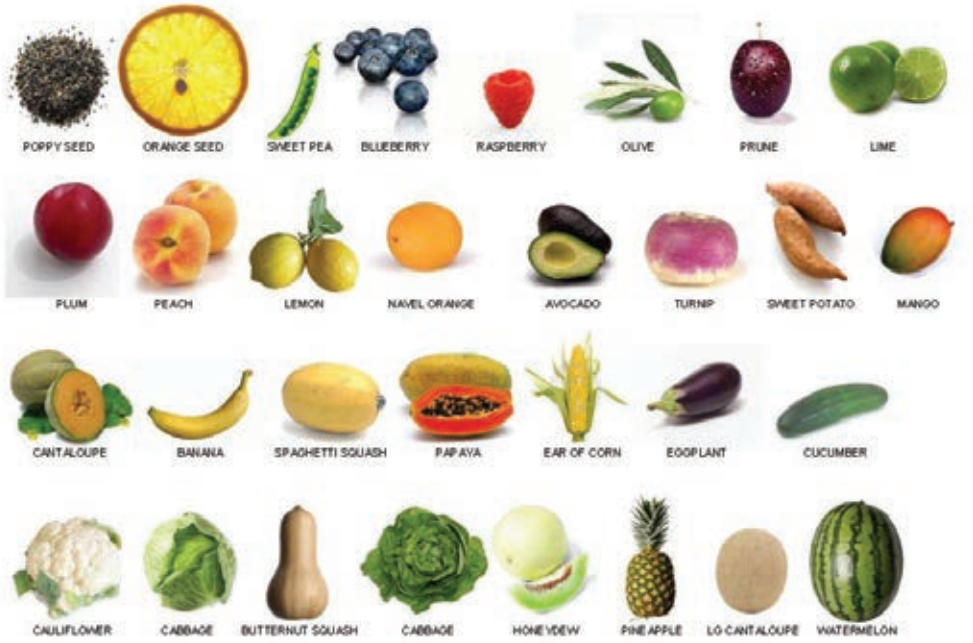
Hard fruits: Apples, pears, olives etc.
Convenience products: Solid pack, canned, frozen, dried rings, flakes and juice.

Citrus fruits: Orange, lemon, grape, lime, lemon, tangerines, tangelos, pomeloes etc.
Convenience product: marmalade, jam, juice, canned, jellies, segment.

Tropical fruits: Melons, pineapples, bananas, guava, leeches, mangoes, papayas, passion fruits, cranberries, kiwi etc.

Convenience product: Canned, juice, jam, jellies, frozen, dried etc.

See the following image for different fruits



4.2.2 Fruit Cooking Method

Fruits are generally cooked in 4 different ways. They are:

- Poaching (Soft fruits)
- Baking (Apples)
- Steaming (Apple, Pears)
- Deep frying (Pineapple, Apples, Bananas)

4.2.3 Fruit Preservation Method

Fruits are preserved for the consumption at a later stage. Depending on the types of fruits and purpose to product, various methods are applied. They are:

- **Drying:** Apples, pears, apricots, peaches, figs, grapes are dried
- **Canning:** Almost all fruits may be canned.
- **Bottling:** Bottling is used domestically but very little fruits is commercially preserved in this way.
- **Candied:** Orange and lemon peel are candied. Other fruits with a strong flavour such as pineapple are preserved in this way.
- **Glace:** The fruit is first candied and then dipped in fresh syrups to give a clear finish, cherries are glace.
- **Crystallized fruits:** After the fruit has been candied it is left in fresh syrup for 24 hours and then allowed to dry very slowly until crystals form on the surface of the fruits.
- **Frozen:** Apples, gooseberries, blackberries, blueberries, passion fruits, plum, melon, mixed fruits are frozen.
- **Juices:** Orange, grapefruits, tomato, pineapple, apples, tropical fruits and mixed citrus fruits can be preserved by making juice.
- **Jam:** Some stone and all soft fruits can be used for making jam.

4.2.4 Fruits and their Season

Apple	All year round
Apricot	May to September
Avocado	November to January
Banana	All year round
Blackberry	September to October
Cherry	June to August
Cranberries	Novembers to January
Grape fruit	October to January
Grapes	All year round

Greengage	August
Lemon	All year round
Melon	All year round
Orange	All year round
Peach	September
Pear	September to March
Pineapple	All year round
Plum	July to October
Strawberry	June to August

4.2.5 Fruit Storage Principle

Most fresh fruits are perishable and require refrigeration. Some fruits leave out to ripen, but when they ripe, they last longer in the fridge. Here are some suggestions on storing fresh fruit:

- **Hard fruits:** It should be kepy in box and stored in a cool place.
- **Soft fruits:** It should be placed in basket and kept in a cool room.

Always store fruits in a tray so that any damaged fruits can be seen and discarded.

Some examples are as follows:

- **Apples:** Refrigerate or store in a cool, dark place. Can be stored for several weeks.
- **Avocados, papayas, kiwis, and mangoes:** Keep at room temperature until fully ripened and then refrigerate them to keep for several more days.
- **Bananas:** Banana should not be stored in too cool place it should be store at room temperature.
- **Cherries and berries:** Keep refrigerated. For best flavour, consume on the day of purchase.
- **Citrus fruits (such as lemons, limes, grapefruit, oranges):** Citrus fruits, which don't ripen further after they're picked and are relatively long–storage fruits, keep for up to three weeks in the fridge.
- **Grapes:** Keep in the refrigerator for up to a week.
- **Melons and tree fruits (such as pears, peaches, and nectarines):** Keep at room temperature so that they can ripen and grow sweeter. After they're fully ripe, store them in the refrigerator for several more days.
- **Pineapple:** Doesn't ripen after it's picked; best if eaten within a few days of purchase. Keep at room temperature, away from heat and sun
- **Tomatoes:** Store at refrigerate to keep them from spoiling.

4.2.6 Preparing different types of Fruit Dishes

Item: Fruit Salad, Serving: 4 Portions

INGREDIENTS	QUANTITY
Water	2 litre
Sugar	500 gms
Apple	100 gms
Papaya	100 gms
Red Cherry	75 gms
Strawberry	100 gms
Sweet Lime	50 gms
Rum	20 ml
Cream	100 ml

Preparation Method:

- Make sugar syrup by boiling water and sugar together and strain it.
- Clean, peel and cut all fruits in dice shape except apple to prevent from discolouring.
- Add the cut fruits into the cool sugar syrup.
- Add rum to the mixture for flavour.
- Portion out the fruit salad and garnish with cream and cherry.

4.3 Salad

Salad is a cold food that is made of vegetables, fruits, meats, nuts, fish, poultry, cereals, with the combination of various dressing. Salad should always have following characteristic, cold, crispy, colourful, aromatic and well–seasoned.

Salad can be served as a main course, as salad course or as an accompaniment.

4.3.1 Importance of Salad

It increases the value of any dishes and looks attractive. It requires no cooking and can be cooked in advance and stored. Therefore, it can be served at any stage. It can be served as accompaniment, appetizer, salad course or as main course.

4.3.2 Types of Salad

Salad generally falls into two categories: they are "simple salad" with one dominant vegetable, such as carrot salad and"compound salad" that generally consists more than one type of vegetable such as vegetable salad and mixed green salad.

Some examples of Salads are as follows:

- **Green Vegetable Salad:** Lettuce, slice of cucumber, carrot, onion, tomato, radish and vinaigrette dressing with seasoning.
- **Potato Salad:** Cooked potatoes, lettuce, chopped onion, chopped parsley, vinaigrette and seasoning.
- **Kidney beans Salad:** Lettuce, cooked beans, chopped parsley, mayonnaise and seasoning.
- **Russian Salad:** Carrot, turnips, French beans, peas, lettuce, mayonnaise and seasoning.
- **Coleslaw Salad:** Julianne cut Lettuce, carrot, cabbage, onion, mayonnaise and seasoning.
- **Meat Salad:** Cooked meat, cooked French beans, gherkins, tomato, chopped onion, chopped parsley, vinaigrette and seasoning.
- **Fish Salad:** Cooked fish (boneless), hard–boiled egg, vinaigrette dressing and seasoning)

4.3.3 Components of salad

A salad should have 4 major components. However, it may vary depending upon the type of salad and style used to prepare a particular salad. The four major components are:

- **Base:** It is a foundation on which salad is build. It is usually some form of leafy vegetable.
- **Body:** It is made of ingredients which constitute the main parts of body of the salad. Salad made gets its name from the ingredients that are used for body.
- **Dressing:** It is used to blend the ingredient and add flavour.
- **Garnish:** It gives eye appeal and makes it more attractive and enhances taste.

4.3.4 Dressing and its type

Dressings are liquid and semi liquid, made from a mixture of oil, vinegar, mustard, seasoning, egg or cream. Dressing are usually served to all types of salad, which makes a salad sour, colourful, flavoursome, and visually appealing

Types of dressing:

- **Italian Dressing:** Minced garlic, red wine, vinegar, chopped chives, grated cheese, mustard powder, crushed peppercorn, salt, and olive oil.
- **Thousand Island Dressing:** Mayonnaise, chilli, sauce or tobasco sauce, chopped hard boil egg white, chopped parsley, chopped, pimento, paprika, salt and pepper.
- **Russian dressing:** Mayonnaise, chilli sauce, paprika, chopped, pimento and salt.
- **French dressing:** Mayonnaise, paprika, salt, pepper, Worchester sauce, French mustard, tomato ketchup and lemon juice.
- **Yoghurt Dressing:** Yogurt, orange juice and sugar.
- **Housewife Dressing:** Mayonnaise, chopped gherkin, chopped onion, chopped apple and cream.
- **Thai Dressing:** Minced chilli, lemon juice, garlic, coriander root and ground peanut.
- **Indian Dressing:** Lemon juice, salt, chilli powder and chat masala.
- **Vinaigrette:** Oil, red wine vinegar, capers, pickles, herbs, parsley, mustard, lemon juice, sugar, Worcestershire sauce.

4.3.5 Preparing different types of salad dressing

Item: French dressing, Serving: 10 portions

INGREDIENTS	QUANTITY
Worchester sauce	150 ml
Mayonnaise	300 ml
White vinegar	100 ml
Olive oil	250 ml
Lemon juice	100 ml
Salt	1 tbs
Paprika	1 tbs
Grated onions	50 gms
Chopped garlic	10 gms
Tarragon	40 gms

Preparation Method

- Mix mayonnaise, Worchester sauce, vinegar, oil, lemon juice, salt, paprika, onions, garlic and tarragon to a mixing bowl.
- Whisk well and refrigerate till served.

Item: Italian dressing, Serving: 10 portions

INGREDIENTS	QUANTITY
White wine vinegar	200 ml
Water	130 ml
Olive oil	130 ml
Corn syrup	100 ml
Grated romano cheese	25 gms
Dry pectin	25 gms
Salt	30 gms
Lemon juice	10 ml
Minced garlic	1 Tbs
Dried parsley	1 tbs
Crushed red pepper flakes	1 tbs
Dried oregano	1 tbs

Preparation Method

- In a blender, combine the vinegar, water, oil, corn syrup, cheese, pectin, salt, lemon juice, garlic, parsley, red pepper flakes and oregano.
- Blend for 30 seconds and refrigerate for at least 1 hour before serving.

Item: Thousand Island dressing, Serving: 10 portions

INGREDIENTS	QUANTITY
Eggs	2 nos
Worcestershire sauce	40 ml
White sugar	10 gms
White vinegar	40 ml
Ground cloves	1 tbs
Mayonnaise	600 ml
Sweet pickle relish	100 ml
Chopped black olives	50 gms
Diced red bell pepper	50 gms

Preparation Method

- Boil the egg, remove from hot water, cool, peel and chop.
- In a bowl, whisk together chopped eggs, Worcestershire sauce, sugar, vinegar, cloves, mayonnaise, relish, olives and red pepper until evenly blended.
- Chill and serve spooned over fresh greens.

Item: Russian dressing, Serving: 10 portions

INGREDIENTS	QUANTITY
Mayonnaise	150 ml
Ketchup	100 ml
Red wine vinegar	20 ml
Finely chopped onion	10 gms
Salt and pepper to taste	To taste

Preparation Method

- In a bowl, whisk together the mayonnaise, ketchup, vinegar, onion, salt and pepper until thoroughly combined.
- Refrigerate until serving.

Item: Thai peanut dressing, Serving: 10 portions

INGREDIENTS	QUANTITY
Corn starch	1 Tbs
Cold water	60 ml
Soy sauce	30 ml
Peanut butter	50 gms
Brown sugar	20 gms
White vinegar	1 Tbs
Sesame oil	1 tbs
Warm water	120 ml
Chopped peanuts	20 gms
Chopped fresh mint leaves	few

Preparation Method

- Dissolve the corn starch in cold water and set aside.
- Whisk together the soy sauce, peanut butter, brown sugar, white vinegar, sesame oil, and warm water in a small saucepan over medium heat; simmer and stir until sugar has dissolved.
- Stir in the corn starch mixture; simmer until the sauce is thick.
- Serve warm and garnish with chopped peanuts and mint leaves as desired.

Item: Yogurt dressing, Serving: 10 portions

INGREDIENTS	QUANTITY
Plain low-fat yogurt	300 ml
Lemon juice	10 ml
Dijon-style prepared mustard	10 ml
Chopped fresh parsley	1 tbs
Chopped fresh chives	1 tbs

Preparation Method

- In a bowl, beat together yogurt and lemon juice until smooth.
- Stir in mustard, parsley, and chives.
- Refrigerate until ready to serve.

Item: Indian dressing, Serving: 10 portions

INGREDIENTS	QUANTITY
Chopped fresh cilantro	60 gms
Lemon juice	25 ml
Ground cumin	1tbs
Plain yogurt	600 ml
Sweet chili sauce	25 ml

Preparation Method

- In a serving bowl, stir together the cilantro, lemon juice, cumin, yogurt and chilli sauce.
- Chill for at least one hour until served.

4.3.6 Preparing different types of Salad

Item: Russian Salad, Serving: 4 Portions

INGREDIENTS	QUANTITY
Potatoes	200 gms
Carrots	200 gms
Turnips	100 gms
Green peas	100 gms
French beans	100 gms
Hard boiled eggs	4 nos
Tomatoes	100 gms
Lettuce	1 bunch
Mayonnaise sauce	150 ml

Preparation Method

- Peel potatoes, turnips, carrots and cut it into dice.
- Cut French beans and shell peas.
- Boil potatoes, turnips, carrots, French beans and eggs separately in salted water.
- Mix all the boiled vegetables with mayonnaise sauce.
- Pile over a bed of lettuce and garnish it with sliced tomatoes and eggs while serving.

Item: Chicken Caesar Salad, Serving: 4 Portions

INGREDIENTS	QUANTITY
Thick slices crusty white bread	4 Slices
Olive oil	50ml
Chicken breast	450 gm
Lettuce	1 Large cos
Garlic	50 gm
Anchovies	2 pcs
Parmesan Cheese	80 gm
Mayonnaise	5 tbsp
White wine vinegar	1 tbsp

Preparation Method

- Cut the bread into cube and bake it turning the croutons brown evenly.
- Marinate chicken breasts with olive oil and season it. Saut the chicken in a pan over a medium heat till both the side is done.
- Mix the chopped garlic, mashed anchovies, grated cheese, mayonnaise, and vinegar in a bowl and season to taste. Stir it to firm consistent texture.
- Cut the cheese and lettuce into large pieces and put in a bowl. Cut chicken into strip. Mix all the ingredients along with the croutons. Add the dressing to the mixture. Garnish the cheese on top and serve.

Item: Cole Slaw, Serving: 4 Portions

INGREDIENTS	QUANTITY
Green cabbage, shredded	450 gm
Carrots, shredded	120 gm
Onion	50 gm
Mayonnaise	120 gm
Lemon Juice	60ml
Salt and Pepper	To taste

Preparation Method

- Place cabbage, onion, and carrot in a bowl.
- Whisk mayonnaise and lemon juice together and add to cabbage mixture. Toss to combine. Season with salt and pepper.
- Serve immediately.

Item: Greek Salad, Serving: 4 Portions

INGREDIENTS	QUANTITY
Olive oil	45ml
Lemon juice	25ml
Garlic, minced	1 clove
Dried oregano	½ tsp
Salt and black pepper	To taste
Tomato, cut into wedges	200 gm
Onion, sliced into ring	100gm
Cucumber, slice thick half moon	250 gm
Capsicum	150 gm
Feta Cheese, cut into small cubes	150 gm
Olives	16 psc

Preparation Method

- Place the olive oil, lemon juice, garlic, salt, pepper and oregano in a small jar with a screw–top lid and shake to combine.
- Place the salad ingredients in a large bowl.
- Pour the dressing over the salad and toss gently to combine just before serving.
- Garnish the Greek salad with a little freshly ground black pepper.

Item: Waldorf Salad, Serving: 4 Portions

INGREDIENTS	QUANTITY
Apple	500 gm
Lemon Juice	35 ml
Celery	4 stick
Raisins	40 gms
Mayonnaise	60gm
Whipped cream	40 gm
Walnuts	40 gm
Lettuce	1 leaf

Preparation Method

- Peel and Core the apple and dice it.
- Sprinkle with lemon juice.
- Combine the apple cubes, celery, raisins and mayonnaise.
- Fold in the whipped cream. Just before serving add the nuts.

MODULE 5

CEREALS AND PASTA

5 Introduction : Cereals and Pasta

This module introduces cereals, pastas, its different types, its uses, preparation, storage and quality checking techniques. Some important recipes are also provided.

5.1 Cereals

Cereals are cultivated grasses, which produce grain used for consumption. All cereals products contain starch. The following are the important cereals used in the hospitality industry.

5.1.1 Type of Cereals

Various types of cereals used for human consumption, they are as follows:
Wheat: Wheat is the most common cereals produce in the western world and is grown in most mild regions. Wheat is one of the best energy foods. The wheat must be store in a dry and well ventilated place. It should be store in tight fitting lid containers. Flour is the product of wheat which is the foundation of bread, pastry and cakes and also used in soup, sauce, batters, malt, starch, gluten, alcohol and other foods.

Oat: They are one of the hardiest cereals and are grown in large quantities in Scotland and England. Oats should be store in containers with tight fitting lids, store in a cool and well ventilated store room. The oats are divided into two ways:

1 Rolled oats– porridge and
2 Ground (coarse, medium, and fine): Porridge, thickening soup, coating food, cake, biscuits etc.

Barley: Barley is another important cereal. The whole grain of barley is known as pot or Scotch barley. Barley when roasted is change into malt and used in the brewing and distilling if vinegar. It should be store in containers with tight fitting lids, store in a cool and well ventilated store room.

Maize: Maize is also known as corn, sweet corn, corn–on–the cob. It is processed into cornflakes and corn flour. Maize oil is suitable for cooking. Corn flour is the product of maize. Corn flour is used for making custard and blancmange powder. Custard powder consists of corn flour, colouring and flavouring. Corn flour is used for thickening soups, sauces. Custard is used in making certain small and large cakes.

Pulses: Pulses are a collective name for the edible seed of plants grown in various countries of the world. Pulses are low in fat and a good source of fibre, vitamin, and minerals. They also have high protein content. Most piles are dried and they are easy to store and have a quite long shelf–life. Pulses are of different varieties and they are divided into three group.

1 **Peas:** Chickpeas, Marrowfat peas, Green split peas, Yellow split peas etc.
2 **Beans:** Aduki beans, Black–eye beans, Black beans, Butter beans, Cannellini beans, Flageolet beans, Haricot beans, Mung beans, Pinto beans, Red kidney beans etc.
3 **Lentils:** Lentils is the seed of one particular plant. They come in a range of colours, whole and split.

Pulses are generally soaked, boiled and cooked until they are tender. Cooking times and method may vary according to the types of dishes.

Following image shows different types of cereals

Rice

Spelt wheat

Wild rice

Oats

rye

wheat

millet

barley

triticale

quinoa

amaranth

buckwheat

corn

5.1.2 Preparation of different Pulse Dishes

Item: Dal Makhani , Serving: 5–6 Portions

INGREDIENTS	QUANTITY
Black lentils (kaali sabut dal)	220 gm
Red kidney beans (rajma)	110gm
Ghee	30ml
Cumin seeds	5gm
Onions, finely chopped	170gm
Chillies, split lengthwise	2 pcs
Ginger garlic paste	5gm
Kashmiri red chilli powder	5gm
Turmeric powder	½ tsp
Salt	to taste
Tomatoes, finely chopped	150gm
Butter	60gm
Garam masala powder	5gm
Malai (cream of milk)	45ml
Ginger juliennes for garnish	As required

Preparation Method

- Soak black lentils and red kidney beans (rajma) in water for 8 hours and pressure cook till soft
- Heat ghee in a heavy bottomed vessel. Add cumin seeds and let them splutter. Add the chopped onions and green chillis and sauté the onions till pink.
- Add ginger garlic paste and fry for 3–4 minutes. Add the turmeric powder, chilli powder and salt and combine.
- Add the chopped tomatoes and cook for 5–6 minutes. Now add the pressure cooked dals along with a cup of water and mix them well till they are well coated with the masala mixture. Cook covered for 3–4 minutes on medium heat.
- Add butter, combine and cook for 5 minutes.
- Add malai and garam masala and mix well. Garnish with ginger juliennes.
- Serve with hot rotis and rice.

Item: Dal Fry, Serving: 4 Portions

INGREDIENTS	QUANTITY
Split pigeon pea (toor dal/arhar dal)	220 gm
Ghee	60gm
Onion ,finely chopped	80gm
Garlic, finely chopped	5gm
Turmeric powder	½ tsp
Salt	to taste
Dry mango powder (amchur)	5gm
Cumin seeds	5gm
Red chilli powder	½ tsp

Preparation Method

- Heat half of the ghee in a pan. Add half of the chopped onion and garlic and sauté till golden.
- Add turmeric powder, dal, two cups of water and salt to taste. Stir and bring to a boil. Lower the heat and simmer for twenty minutes.
- Add mango powder and simmer for another fifteen minutes.
- Heat the remaining ghee in another pan. Add cumin seeds. When they begin to change colour add the remaining onion and garlic and saut till pink.
- Add red chilli powder and sauté for two to three minutes.
- Add this seasoning to the dal, simmer for two minutes and remove from heat. Serve hot.

5.1.3 Rice

Rice is the starchy seed or grain cultivated in warm climates and used for food throughout the world. With the increased interest in the food of different parts of the world rice appears much more often on the menu. It can be cooked in a numbers of interesting ways fairly, quickly and easily. It can be served as the main dish or as an accompaniment. There are many different variety of rice found around the world. They are:

Brown rice: It is rice which has undergo minimal milling and has the outer cover removed but it retains its bran and is more nutritious. It has long grain, and distinctly nutty flavour.

Long grain rice: It is white, slim and four to five times as long as it is wide. It has a subtle flavour which complements both rice and delicate sauce. The examples of long grain rice are basmati, pokhareli, jasmine, risotto etc.

Short grain rice: It is short tubby and chalky in appearance and cling together on cooking. It is also called as pudding rice. It typically comes from Italy especially used for pudding and sweets.

Wild rice: It is not true rice. It is an aquatic plant related to the rice family. The grains of wild rice are long and slim, and range in colour from dark to black. It is grown in USA and Canada. It is often mixed with other types of rice such as white or brown long rice, providing the attractive contrast of colour and flavour.

Following image shows different types of rice

Parboiled Long Grain Rice | Risotto Rice | Red Cargo Rice

Basmati Rice | Rose Matta Rice | Black Rice

White Jasmine Rice | Dark Wild Rice | Brown Short Grain Rice

5.1.4 Preparation method of rice

Preparation of rice includes washing, draining, boiling or cooking and moulding. Rice requires a moist cooking method, boiling is the most common method of cooking rice. Steam is done just to reheat it.

For Example, chicken curry with rice means boiled rice. Rice is the traditional accompaniment to curries and many ethnic dishes. It is an alternative to potatoes for dishes. Rice can be combined with a wide range of other foods.

- **Vegetables:** Rice can be mixed with various vegetables to accompany a main course.
- **Stock:** Rice is cooked in stock for pilafs, risottos and paellas.
- **Cheese:** Some pilafs and risottos have grated cheese added at last moment.
- **Herbs and spices:** To add flavour to rice dishes.
- **Eggs:** Hardboiled egg mixed with rice dishes.
- **Fish and Shellfish:** Peallas often includes shellfish
- **Meat:** Stir–fried, risottos often include meat.

The storing process of rice is same as process of storing other cereals. It should also be kept in tight fitting container in a cool and well ventilated store room.

5.1.5 Preparing different type of rice dishes

Item: Mushroom Rissoto, Serving: 4 Portions

INGREDIENTS	QUANTITY
Oil	20 ml
Small onions, finely chopped	3 nos
Garlic, crushed	1 clove
Minced fresh parsley	1 dash
Minced celery	3 gms
Salt and pepper to taste	to taste
Sliced fresh mushrooms	100 gms
Whole milk	250 ml
Heavy cream	60 ml
Rice	200 gms
Vegetable stock	1 litres
Butter	5 gms
Grated Parmesan cheese	100 gms

Preparation Method

- Heat olive oil in a large skillet over medium–high heat.
- Sauté the onion and garlic in the olive oil until onion is tender and garlic is lightly browned. Remove garlic, and stir in the parsley, celery, salt, and pepper.
- Cook until celery is tender, and then add the mushrooms. Reduce heat to low, and continue cooking until the mushrooms are soft.
- Pour the milk and cream into the skillet, and stir in the rice.
- Heat to a simmer. Stir the vegetable stock into the rice one cup at a time, until it is absorbed.
- When the rice has finished cooking, stir in the butter and Parmesan cheese. Remove from heat and serve hot.

Item: Vegetable Fried Rice, Serving: 4 Portions

INGREDIENTS	METHODS
Rice	400 gms
Green peas	50 gm
Carrot , small diced	50 gm
French beans, diced	50 gm
Spring Onion, chopped	1 bunch
Salt and Pepper	To Taste
Minced garlic	5 gms
Soy sauce	15 ml
Oil	10ml

Preparation method

- Prepare boiled rice and chill diced French beans and carrot. Chop Spring onion.
- Par boil French bean and carrot. Boil green peas.
- Heat oil in a pan and sautee green peas, French beans and carrot.
- Add cool boiled rice breaking up any lumps with the back of spoon.
- Add seasoning and soya sauce. Fry rice well and add chopped spring onions.
- Serve hot.

Item: Jogi Bhat, Serving: 6 Portions

INGREDIENTS	METHODS
Pulao Rice	500 gms
Spinach	4 bunches
Carrot	500 gm
Onion	200 gm
Butter	100 gm
Bay Leaf	To Taste
Cloves	To taste
Turmeric	½ tsp
Salt	To taste

Preparation Method

- Clean, wash and drain rice. Julienne carrot, boil spinach and shred into 8cm pieces.
- Heat butter in a pan. Add slice onions, bay leaf and cloves. Sautee for 2 minutes.
- Add rice and fry till grain separates. Add carrot and sauté for few minutes. Add 1 litre boiling water salt and turmeric.
- Reduce fire and simmer. When almost all the water has been absorbed by the rice, add spinach and keep the pan in an oven.
- Keep it in the oven till rice is well cooked and dry.
- Serve hot.

Item: Hydrabadi Biryani, Serving: 4 Portions

INGREDIENTS	METHODS
Mutton	500 gm
Basmati rice	400 gm
Bay Leaf	2 pcs
Green Cardamom	10 gm
Black Pepper Corn	30 gm
Cinnamon	3 inch stick
Oil	20 ml
Onion Slice	400 gm
Caraway Seeds	½ tsp
Cloves	10 gm
Ginger garlic paste	15 gm each
Chilli Powder	15 gm
Yoghurt	240 ml
Fresh Coriander chopped leaves	30 gm
Fresh Mint Chopped	30 gm
Pure Ghee	60 gm
Black Cardamom	½ tsp
Saffron mix with milk	60 ml

Preparation Method

- Heat Water in a deep pan. Add rice, salt, bay leaf, green cardamom, pepper corn, cinnamon stick and cook till ¾ done.
- Drain and set aside. Heat well in a kadai and deep fry half the onion slice till golden.
- Take mutton piece in a bowl, add ginger garlic paste and salt and mix well.
- Add all mixed spices powder Red chilli powder, fried onion crust, yoghurt, coriander leaves, half of the mint leaves and mix well.
- Let it marinate for 2 hours in the refrigerator..
- Heat 2 tbsp ghee in a pan, remaining cardamom and black cardamom and sauté till fragrant.
- Add remaining onion and sauté till golden. Add marinated mutton stir and cook on high heat for 3–4 minutes.
- Cover reduces heat and cook till almost done.
- Heat the remaining ghee in a pan. Spread half the rice in a layer. Spread the mutton over the rice. Sprinkle remaining mint leaves. Spread the remaining rice.
- Sprinkle saffron milk. Cover and cook under dum till done.
- Serve hot with raita.

5.2 Pasta

Pasta is a type of noodle and a staple food. Pasta is low in fat, high in fibre and a good source of protein. Pasta contains complex carbohydrates, which the body digests slowly. The basic ingredients of pasta are flour and water (mix). Pasta may be served for lunch, dinner snack meal and also used as garnish to other dishes.

Pasta is an ancient food—not so ancient that it predates written records, but no one was taking notes when this popular food first came into the scene. Scholars credit the Chinese with making pasta from rice flour as early as 1700 B.C.E. The pasta-centric Italians believe pasta dates back to the ancient Etruscans, who inhabited the Etruria region of Italy (the central western portion of Italy, what now are Tuscany, Latium and Umbria) from the Iron Age into Roman times (from the 11th century B.C.E. to the 1st century B.C.E.). Around 400 B.C.E., they began to prepare a lasagna-type noodle made of spelt. The Romans who followed made lagane, a kind of lasagna, from dough of water and flour. However, both the Etruscans and the Romans baked their noodles in an oven, so boiled pasta had yet to be born in Italy.

5.2.1 Types of Pasta

Characteristics of different types of pasta are as follows:

1. **Green Pasta :** Puree of blanched spinach is added to the mix.
2. **Red Pasta :** Tomato paste is added to the mix.
3. **Black Pasta :** Ink of cuttle fish is added to mix.
4. **Herbs :** Finely chopped herbs (parsley, basil, tarragon, marjoram, oregano, coriander) are added with mix
5. **Tricolor :** Pasta is packed to give a mixture of green, red, and white.

Pastas are available in two forms: dried and fresh or frozen. Pasta comes in over 200 different shapes with more than 600 names for these shapes. Some of them are as follows:

- **Spaghetti:** The longish thin (string like when cooked)
- **Macaroni:** Short tube about 25mm long
- **Lasagne:** It is in sheet form, mostly used for layered dishes.
- **Ravioli:** It is squares or little packed stuffed with filling.
- **Tortellini:** Plump, Crescent shaped
- **Cannelloni:** Fat tube ready to be stuffed.
- **Fettuccine:** Thin, flat, about ¼ wide

Following image shows different pasta

5.2.2 Quality check and storage of pasta

- Check the best date on dried, frozen and similar long–life pastas.
- The packing should be in good condition.
- Dried pasta should be kept in cool, dry room.
- Use the older stock first but always check the date stamp.
- Once a packet has been opened, transfer to an airtight container. Write the best before date on the container.
- Fresh pasta should be kept refrigerated and well wrapped so it does not absorb flavours or smell from other foods. Keep them apart from uncooked foods.

5.2.3 Preparing different types of pasta dishes

Item: Spaghetti a' la Carbonara, Serving: 4 portions

INGREDIENTS	METHODS
Spaghetti	500 gms
(For Carbonara Sauce)	
Béchamel Sauce	500 ml
Smoked ham or bacon	50 gms
Salt, white pepper	to taste
Egg	2 nos
Grated Cheese	50 gms
Fresh Cream	50 ml
Butter	50 ml
Parsley	30 gms

Preparation Method

- Boil spaghetti, cut the bacon into dice and deep fry it, grate cheese.
- Mix egg, fried bacon and add white pepper and whisk properly.
- For Carbonara Sauce, prepare béchamel sauce and add the previous mixture to it.
- Add salt, white pepper, grated cheese and cream to the mixture.
- Saute the spaghetti in butter and add the seasonings.
- Serve the pasta with carbonara sauce, grated cheese and chopped parsley.

Item: Penne Napolitano, Serving: 4 Portions

INGREDIENTS	METHODS
Pasta	500 gms
(For Napolitano Sauce)	
Tomato sauce	300 ml
Tomato puree	200 ml
Chopped tomatoes	100 gms
Chopped basil	30 gms
Grated cheese	50 gms
Chopped garlic	20 gms
Salt, white pepper	To taste

Preparation Method

- Boil pasta in water; add some salt and oil to it. Once it is cooked keep it aside.
- Prepare Napolitano sauce: prepare tomato sauce, add tomato puree, chopped tomatoes,
- Chopped basil and boil for some time to enhance flavour.
- Sautee the spaghetti in butter chopped garlic and adds the seasonings.
- Serve the pasta with Napolitano sauce, garnish with grated cheese on the top.

MODULE 6

DAIRY PRODUCT

6 Introduction : Dairy Product

This module is about different types of dairy products derived from milk . its treatment and storage process. Such as cheese, yogurt etc.

6.1 Dairy Product

There are different types of dairy products such as milk, cream, cheese, yogurt etc. They are of different types, and storage process is different. They are as follows:

6.1.1 Milk

Milk is white and nutritious liquid food produced by all female mammals for feeding their young ones. Milk is obtained from cows, buffalos, yaks, goats etc. in Nepal. Milk is classified on the basis of their fat content, various types of milk is as follows:

Whole Milk: Whole milk has a fat content of 3.9% and is available either in pasteurized or homogenized form.

Skimmed milk: It has a fat content of 0.1% and is available on pasteurized and UHT form. Semi– skimmed milk: It has a fat content of 1.5 to 1.8% and is available in pasteurized form.

Evaporated milk: Concentrated and sterilized milk which has a concentration as twice as that of original milk

Condensed milk: Concentrated as same as evaporated milk and sugar is added for preservation. This milk is not pasteurized.

Dried milk powder: Milk produced by the complete evaporation of water from the milk by heat, or any other means, to produce solid powder.

Treatment of Milk: Milk treatment is the process of making milk free from harmful bacteria which can cause a health hazard if not treated properly and also gives longer life to the product.

1 **Pasteurization:** In this treatment, milk is heated at 72 C for 15 to 20 minutes and cooled rapidly to 5 C. The definite cream line is formed in this process. Maximum life of pasteurized milk is up to 48 hours if refrigerated properly.

2 **Homogenization:** In this treatment the fat globules are dispersed throughout the milk, and then pasteurized. Milk is forced through a fine aperture which breaks up the fat globules to an even size so that they disperse evenly throughout the milk and therefore do not form a cream line. Maximum life of pasteurized milk is up to 48 hours if refrigerated properly.

3 **Ultra–Heat–Treatment (UHT):** This is a type of treatment in which the milk is first homogenized and then heated to a temperature of 132 C for at least one second. This treated milk is then packed in a sterilized container. The maximum life of this milk is 6 months.

Storage of milk

Remember the following when storing milk and milk products.

- Fresh milk should be ordered daily.
- Store in the refrigerator below 5 C.
- Milk must be stored in a refrigerator but not more than 3–4 days.
- Milk should not be kept open with other foods as it easily absorbs smell.
- Fresh milk should be kept in the clean container.
- Bottled and tinned milk should be stored in cool, dry, and ventilated rooms.
- Powdered milk should be packed in airtight containers and kept in a dry store.

6.1.2 Cream

Cream is the lighter portion of milk which contains all the constituents of milk but in different proportions. The fat content of cream is lighter than that of milk and the water content and the other contents are lower. Cream is separated from the milk and heat treated.

Following table shows various types of creams

TYPES OF CREAM	FAT CONTENT
Half cream	12 %
Single cream	18 %
Soured cream	18 %
Whipped cream	35 %
Double cream	48 %
Clotted cream	55 %
Sterilized cream	23 %
UHT cream	35%
Half	12 %
Single	18 %
Whipped	35%

Storage of cream

Remember the following when storing cream and cream products.

- Fresh cream should be kept in the container in which it is delivered.
- Fresh cream must be stored in the refrigerator until required.
- Cream should be kept covered as it easily absorbs smell from other foods, such as onion and fish.
- Tinned cream should be stored in cool, dry, ventilated rooms.
- Frozen cream should only be thawed as required and should be re-frozen.
- Artificial cream should be kept in the refrigerator.

6.1.3 Cheese

Cheese is a generic term for a diverse group of milk–based food products. Cheese is produced throughout the world in wide–ranging flavours, textures, and forms.

Cheese consists of proteins and fat from milk, usually the milk of cows, buffalo, goats, or sheep. It is produced by coagulation of the milk protein casein. Cheese can be eaten freshly made or mature; some mature for more than three years. There are different types of cheese and these are their characteristics:

Soft white cheese: This is the simplest type of cheese, usually based on cow's milk that has not been matured. It is not pressed and the texture is soft and smooth. Examples: Cottage cheese, Petit Suisse, Halloumi, buffalo mozzarella, feta and ricotta,

Bloomy–rind cheese: During the cheese–making process, the outside of some soft cheese is coated with Penicillium cardamom. The rind that forms is white, soft and sometimes a little fuzzy, and it is called "bloomy." This type of cheese first begins to ripen on the outside; the middle of the cheese is the last part to ripen and becomes soft and runny. Examples: Camembert and Brie are the most well–known bloomy–rind cheese.

Washed–rind cheese: Washed–rind cheese is typically bathed in a salted water, wine, brandy or local spirits, according to the traditions of each region. The washing process helps to break down the curd from the outside, and it gradually becomes part of the cheese, rather than just a skin. Examples: Munster, Maroilles, Epoisses, Limburger and Taleggio.

Pressed, uncooked cheese: Tomme is the best–known example of this pressed, uncooked family, also called semi–hard cheese. Raw or pasteurized milk is heated to 36°C; the curds are fragmented into very small pieces, the same size as a grain of rice and then put into a cloth–fitted mould to be pressed. Examples: Cheddar, Cantal, Gouda, Reblochon and Saint–Nectaire.

Pressed, cooked cheese: These cheese, typically large and very heavy, fall into two distinct subgroups: hard table or grating cheese and mountain–style cheese. Both start from the same process. The curds, after forming, are cut up into smaller pieces, and then further heated to release excess moisture. The end results are some of the world's most popular cheese. Examples: Comté, Appenzeller, Romano and Asiago.

Blue–mould cheese: Blue moulds are members of the penicillin family, but unlike white moulds, they grow inside a cheese. Examples: Gorgonzola, Roquefort, Stilton, Fourme d'Ambert.

Natural–rind cheese: These cheese have rinds that are self–formed during the aging process. Generally, no moulds or micro flora are added, nor is washing used to create the exterior rinds and those that do exhibit moulds and micro flora get them naturally from the environment. Because most natural–rind cheese are aged for many weeks, to develop their flavour as well as the rinds, they are typically made from raw milk. Examples: Saint Marcellin, Valen□ay, Sainte Maure, Pouligny Saint–Pierre.

Processed cheese: This is a relatively new family of cheese that first appeared during World War I. Processed cheese are made by heating and blending together several natural cheese with an emulsifying agent. Examples: Kernhem, Laughing Cow and Cancoillotte.

Remember the following when handling and Storage of Cheese

1 Whole cheese should be stored in their original packaging.
2 All other cheese would benefit from being wrapped in wax paper and then aluminium foil.
3 Avoid storing cheese in plastic wrap, which prevents it from breathing and alters its rind or interior.
4 As a general rule, the packaging must seal the cheese to prevent it from drying out.
5 Be sure to remove cheese from the refrigerator one hour before serving so that it can be eaten at room temperature.
6 Vacuum packing is not recommended except for hard cheese, as this process will not damage their shape.
7 Freezing is generally not recommended because the cheese's texture can deteriorate. However, processed cheese and cheese that are used for cooking, such as cheddar or Edam, store very well in the freezer if they are grated.
8 Ideally, depending on the type of cheese, it should be stored in a fresh and wet environment between 2°C and 4°C, with a good ventilation system.

Cheese Suggestions per Meal Period

Breakfast: During breakfast, soft and mild cheese are preferable. Here are some recommended cheese for a breakfast buffet: Soft white cheese like cottage cheese, Petit Suisse, Halloumi, buffalo mozzarella, feta and ricotta.

Bloomy–rind cheese like Camembert and Brie could preferably be served with Pressed, uncooked cheese like cheddar, Cantal, Gouda, Tomme, Pressed, cooked cheese like Comté, Appenzeller, Gruyère or Natural–rind cheese, especially goat cheese like Valençay, Sainte Maure, Pouligny Saint–Pierre.

Lunch and Dinner: During these two meal periods, any kind of cheese can be served. If you plate the cheese, present them according to their different groups.

6.1.4 Yoghurt

Yoghurt is a cultured milk product made from cow, goat, buffalo, ewes milk. Difference in taste and texture of the products depends on the type of milk used and the activity of the micro-organism involved. A bacterial, "starter culture", is added to the milk which causes the natural sugar "Lactose" to ferment and produce lactic acid.

All yoghurt is live and contains live bacteria which remain dormant when kept as low temperature unless it is clearly stated on the packaging that it has been pasteurized, sterilized or ultra-heat treated. If stored at room temperature or above the dormant bacteria become active again and produce more acid. High acidity kills the bacteria, impairs the flavour and causes the yoghurt to separate.

Type of Yoghurt

Various types of yoghurt are as follows:

TYPE OF YOGHURT	CONTENTS
Fat Free Yoghurt	Contains less than 0.5% milk fat
Low Fat Yoghurt	Contains maximum of 1.5% milk fat
Whole Milk Yoghurt	Contains 3.8% milk fat as in whole milk
Whole Milk Yoghurt	Contains fruit juice or syrup
Fruit flavoured Yoghurt	Contains no colour preservatives, establishers or natural yoghurt may be flavoured with fruit juice, honey, chocolates or sugar.

MODULE 7

MEAT, POULTRY AND FISH

7 Introduction : Meat, Poultry and Fish

This module covers the essential knowledge required on meat, poultry and fish. Different types of cuts, cooking methods and storage procedures will be complimented with menus to practice the learning.

7.1 Meat

Meat refers to edible flesh of warm blooded, four legged animals especially that of a mammal for example Beef, Veal, sheep and pigs. Meat is rich in protein and contains amino acid which is a main body building element in growing body.

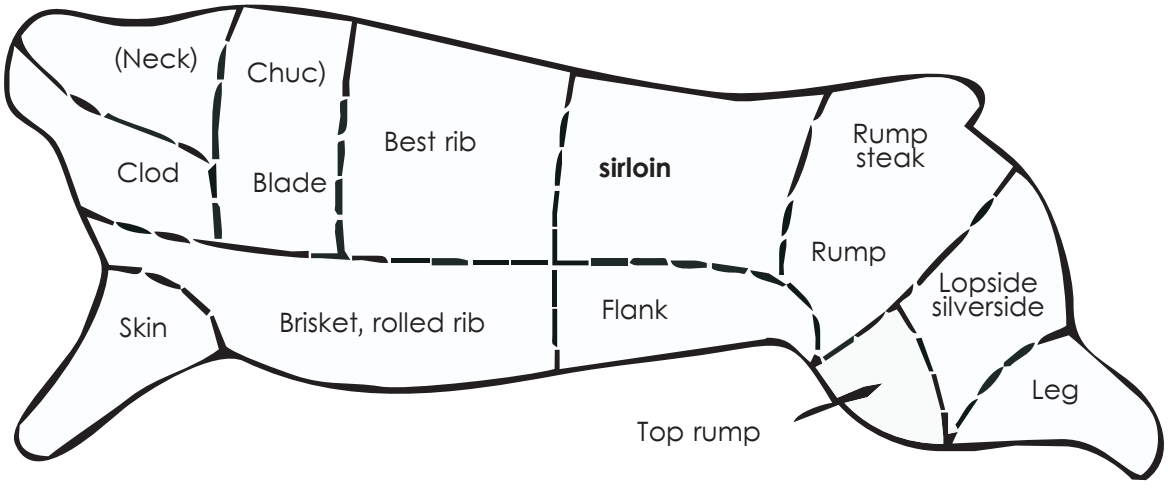
7.1.1 Types of Meat

Meats are classified into various types which are as follows:
Beef: Beef is the flesh of a full–grown steer, bull, ox, or cow slaughtered between 20 to 22 months. It is a most popular edible meat in the western countries and the main source of protein in the western diet. The best beef meat is obtained from steers (castrated males) and heifers (female which do not have calves). Sex, age and sexual condition of the animal play a vital role in determining the quality of the meat.

Classification of Beef carcass
The beef carcass is classified into four different types, they are:

1. **Steer:** A bovine male animal castrated at a very young age.
2. **Heifer**: A female bovine animal that has not borne a calf.
3. **Cow:** A female bovine animal that has borne a calf.
4. **Stag:** A male bovine animal that is castrated after maturing.
5. **Calf:** A male or female bovine animal up to 12 months of age, generally from 3–8 months of age.

Different Cuts and Cooking Methods



S. NO	CUTS	COOKING METHODS
1	Sticking Piece	Stewing
2	Chuck Ribs	Braising, Stewing
3	Mild Ribs	Roasting, Braising
4	Fore Ribs	Roasting, Braising
5	Wing Ribs	Roasting
6	Sirloin Half Saddle	Roasting, Poaching
7	Bone Sirloin	Roasting, Grilling, Poaching
8	Fillet	Roasting, Grilling, Poaching
9	Rump	Roasting, Braising, Grilling
10	Thick Flank	Braising, Steak for stewing
11	Silver Side	Braising, Pickling
12	Top Side	Braising, Stewing, Roasting
13	Thin Flank	Stewing
14	Plank	Stewing, Boiling
15	Brisket	Pickling, Boiling
16	Leg	Braising, Stewing
17	Shin and Shank	Boiling

7.1.2 Quality check sign and storage of meat

- The colour of meat should be bright red and marbled.
- Fat should be firm brittle and creamy white.
- The carcass is hung at a temperature of 1Degree Centre grate to increase the tenderness of the meat.
- Cut of meat should be kept on trays and kept moist, away from other meats. They should be well drained, not lying in blood.

7.1.3 Preparing different beef dishes

Items: Beef Goulash, Serving: 4 portions

INGREDIENTS	QUANTITY
Macaroni	225 gms
Lean ground beef	340 gms
Onion, diced	50gm
Green bell pepper, diced	35gm
Sliced mushrooms	35 gms
Whole kernel corn, drained	120 gms
Can peas, drained	100gm
Can stewed tomatoes	50gm
Can crushed tomatoes	50gm
Cans tomato paste	200gm
Can tomato sauce	100 gm
Water	350 ml
Chopped garlic	5 gm
Grated Parmesan cheese	5gm
Dried parsley	½ tsp
Salt	To taste
Black pepper	To taste
White sugar	½ tsp

Preparation Method

- Bring a large pot of lightly salted water to a boil. Add macaroni and cook for 8 to 10 minutes or until done and drain the water.
- In a large saucepan, brown the beef with the onion, green pepper and mushrooms.
- Add corn, peas, stewed tomatoes, crushed tomatoes, tomato paste, tomato sauce and water.
- Stir and bring to boil over medium heat.
- Mix in garlic, parmesan cheese, parsley, salt, pepper, sugar and simmer for 20 to 25 minutes.
- Mix together cooked macaroni and meat sauce.
- Serve hot.

Item: Chateaubriand, Serving: 4 Portions

INGREDIENTS	METHODS
Double filet steak cut from the head of fillet 3.8 to 10 cm thick	340–910 gm

Preparation Method

- Trip–off all nerves and leave a little fat on steak. Grill or boil to order rare, medium or well done. Add seasoning and serve immediately.

Item: Beef Tenderloin, Serving: 4 portions

INGREDIENTS	QUANTITY
Under cuts	1 pc
Salt and pepper	to taste
Oil	50 ml
Worchester sauce	10 ml
Rosemary	5 gm

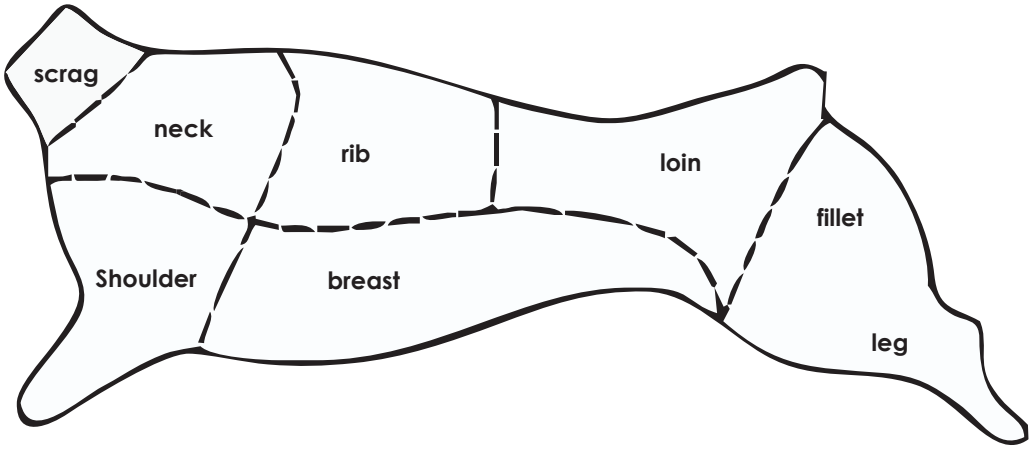
Preparation Method

- Clean and trim under cuts to about 500gm and marinate with salt pepper Worchester sauce and oil.
- Sear tenderloin well till it is brown on all side and place in an oven at 300* Fahrenheit for about 15 minutes till it is ¾ done.
- Serve hot as per order.

7.2 Lamb and Mutton

The flesh of a young sheep used as meat is called lamb. The meat of sheep 6–10 weeks old is called baby lamb and spring lamb comes from sheep between 5–6 months old. Flesh of the matured sheep or goat at least one year old is called mutton. The meat of sheep 12–20 months old is called yearling mutton. Therefore, lamb should be under one year old. After one year, it is called mutton.

Different cuts and cooking methods of Lamb:



S. NO.	DIFFERENT CUTS	COOKING METHODS
1	Shoulder	Roasting and Stewing
2	Leg	Boiling and Roasting
3	Breast	Stewing and Roasting
4	Middle Neck	Stewing
5	Scrag End	Broths(Soups)
6	Lion / Saddle	Roasting, Grilling and Frying
7	Rib	Grilling and Frying
8	Fillet	Grilling and Frying

7.2.1 Quality check and storage:

- The carcass of animal should be compact, firm and evenly fleshed.
- The colour of lamb meat should be bright red and mutton should be dark red.
- The fat should be evenly distributed, brittle, flaky (blistering) and clear white in colour.
- The bones should be pink and porous in young animals.
- Skin should be smooth.
- Hung in refrigerator at 1 to 2 degree centigrade.
- Should be kept away from other food items.

7.2.2 Preparation of Lamb and Mutton dishes

Items: Irish Lamb Stew, Serving: 4 Portions

INGREDIENTS	QUANTITY
Thickly sliced bacon, diced	250 gms
Boneless lamb shoulder, cut into 2 inch pieces	1 kg
Salt	To taste
Ground black pepper	½ tsp
Flour	25 gms
Cloves garlic, minced	5gm
Onion, chopped	100gm
Water	50 ml
Beef stock	400 ml
White sugar	5gms
Diced carrots	200 gm
Onions, cut into bite	100gm
Potatoes	80 gm
Dried thyme	½ tsb
Bay leaves	1 nos.
White wine	100 ml

Preparation Method

- Place bacon in a large, deep fryer. Cook over medium high heat until evenly brown.
- Drain, crumble, and set aside.
- Put lamb, salt, pepper, and flour in large mixing bowl. Toss to coat meat evenly. Brown meat in frying pan with bacon fat.
- Place meat into stock pot (leave 1/4 cup of fat in frying pan). Add the garlic and onion and sauté till onion begins to become golden.
- Deglaze frying pan with 1/2 cup water and add the garlic–onion mixture to the stock pot with bacon pieces, beef stock, and sugar. Cover and simmer for 1 1/2 hours.
- Add carrots, onions, potatoes, thyme, bay leaves, and wine to pot.
- Reduce heat, and simmer covered for 20 minutes until vegetables are tender.
- Now serve hot.

Item: Roasted Rack of Lamb, Serving: 4 portions

INGREDIENTS	METHODS
Fresh bread crumbs	100 gms
Minced garlic	10 gms
Chopped fresh rosemary	10 gms
Salt	5 gms
Black pepper	2 gms
Olive oil	20 ml
Rack of lamb, trimmed and frenched	1 nos
Salt	5 gms
Black pepper	5 gms
Olive oil	20 ml
Dijon mustard	10 gms

Preparation Method

- Preheat oven to230 degrees C. Move oven rack to the centre position.
- In a large bowl, mix bread crumbs, garlic, rosemary, 1 teaspoon salt and 1/4 teaspoon pepper.
- Toss in 2 tablespoons olive oil to moisten mixture. Set aside.
- Season the rack all over with salt and pepper.
- Heat 2 tablespoons olive oil in an oven proof container over high heat.
- Flame rack of lamb for 1 to 2 minutes on all sides. Set aside for a few minutes.
- Brush rack of lamb with the mustard. Roll in the bread crumb mixture until evenly coated.
- Cover the ends of the bones with foil to prevent charring.
- Arrange the rack bone side down in the container.
- Roast the lamb in preheated oven for 12 to 18 minutes, depending on the degree of doneness you want.
- Let it cool for 5 to 7 minutes, loosely covered, before carving between the ribs and serve it hot.

Item: Mutton Curry (Roghanjosh), Serving: 1 portion

INGREDIENTS	METHODS
Coriander seed	½ tsp
Poppy Seed	½ tsp
Cumin seed	½ tsp
Almond	5 gms
Black Cardamom	5 gm
Pepper corn	3 pc
Cloves	2 pc
Nutmeg powder	Pinch
Mace blade	1 pc
Kashmiri chilli	5 gm
Ginger	10 gm
Garlic	5 gm
Oil	15 ml
Onion	30 gm
Red chilli powder	½ tsp
Turmeric	½ tsp
Curd	30 ml
Tomato chopped	30 gm
Mutton	120 gm
Salt	To taste
Green Cardamom	½ tsp
Coriander leaves chopped	A Sprig
Water	As required

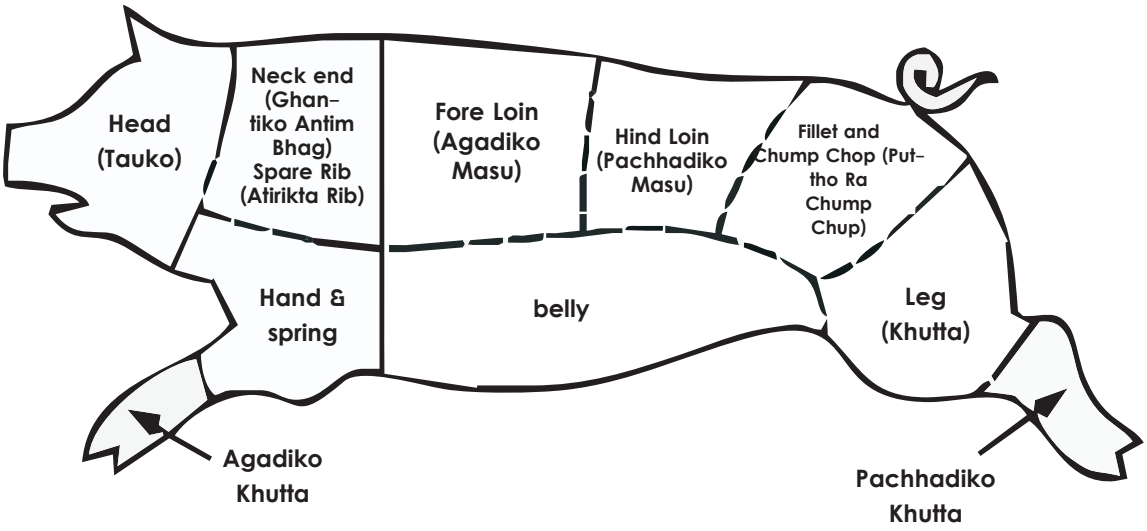
Preparation Method

- Roast coriander seed, poppy seed, cumin seed, almond, black cardamom, peppercorn, cloves, nutmeg and mace, mix together and make powder.
- Soak the Kashmiri chilli powder in hot water for few minutes.
- Grind the ginger garlic Kashmiri mirch and the powder spices to the paste.
- Heat the oil in the pan, add the crushed green cardamom and grated onion and fry till brown.
- Remove the pan from heat, add red chilli powder, turmeric powder and the spiced paste and fry on slow heat.
- Beat the curd and add to the paste, keep stirring.
- Add the chopped tomato and cook for few minutes. Add the mutton and salt and brown slowly on medium heat.
- Add the water and cook till tender.
- Sprinkle with finely chopped coriander leaves and serve hot.

7.3 Pork

Flesh of a pig is called pork. Most of the pork meat comes from the animal usually slaughtered between the ages of six months and one year. It generally has more fat than other meats. The world's most popular meat, it is consumed fresh in various cuts or preparations, including chops and sausage, or cured or smoked for ham, bacon, dry sausage or other products. Because pigs can be easily infected by the microorganism, pork must be cooked well.

Different Cuts and Cooking methods:



S. NO.	DIFFERENT CUTS	COOKING METHODS
1	Leg	Roasting and Boiling
2	Lion	Roasting, Frying and Grilling
3	Spare Ribs	Roasting and Pies
4	Blade–bone	Roasting and Pies
5	Shoulder	Roasting, Sausages and Pies
6	Belly	Frying and Grilling
7	Hind leg	Smoking, Frying and Grilling

7.3.1 Quality check and storage of pork:

- Skin should be smooth.
- The flesh of the pork should be pale pink and firm.
- The fat should be white and not excessive.
- Bones must be small and pinkish.
- Stored at 1 degree centigrade in a refrigerator in a tray.
- Should not be hung.
- Should not be stored together with other meat.

7.3.2 Preparing different pork dishes

Item: Pork Chop, Serving: 4 portions

INGREDIENTS	METHODS
Soy sauce	100 ml
Brown sugar	50 gms
Lemon juice	20 ml
Vegetable oil	20 ml
Ground ginger	½ tsp
Garlic powder	½ tsp
Boneless pork chops	4 nos

Preparation Method

- In a bowl, mix the soy sauce, brown sugar, lemon juice, vegetable oil, ginger, and garlic powder.
- Set aside some of the mixture in a separate bowl for marinating during cooking.
- Pierce the pork chops on both sides with a fork, place in a large re-sealable plastic bag, and cover with the remaining marinade mixture.
- Refrigerate 6 to 8 hours.
- Preheat the grill for high heat.
- Lightly oil the grill grate. Discard marinade, and grill pork chops 6 to 8 minutes per side, or to desired doneness, marinating often with the reserved portion of the marinade.

Item: Hong Kong Sweet and Sour Pork, Serving: 4 portions

INGREDIENTS	METHODS
Light soy sauce	10 ml
White sugar	½ tsp
Potato starch	5 gm
Sesame oil	5 ml
Ground black pepper	to taste
Pork loin, cut into 1 inch cube	500 gm
Water	250 ml
White vinegar	30 ml
Ketchup	60 ml
White sugar	50 gm
Salt	To taste
Potato starch	5 gm
Red food colouring	1 dash
Beaten egg	1 no.
Potato starch	150 gm
Peanut oil for frying	500 ml
Green bell pepper, cut into large chunks	35gm
Cayenne peppers, sliced	50gm
Slices canned pineapple, chopped	200 gm
Cloves garlic, sliced	10gm
Green onions, sliced	100gm

Preparation Method

- Whisk together the soy sauce, sugar, 2 teaspoons potato starch, sesame oil, and black pepper in a large bowl.
- Mix the pork into the marinade and turn until all the pork is covered. Allow it to soak for some time.
- To make the sauce, whisk together the water, vinegar, ketchup, 1/4 cup sugar, salt, 2 teaspoons potato starch, and red food colouring in a separate bowl.
- Dip the pork pieces in the beaten egg, and then add potato starch, assure a consistent coating.
- Heat the peanut oil in a wok over medium–high heat temperature.
- Fry the pork pieces in the hot oil until crisp and light brown.
- Remove the pork from the oil and drain.
- Heat 1 tablespoon of reserved oil in the wok over medium heat.
- Sauté the green bell pepper, cayenne pepper, pineapple, garlic, and green onion in the heated oil.
- Add the sauce and stir until it thickens.
- Pour in the pork and toss until the pork is coated with sauce.
- Remove from heat and serve.

7.4 Poultry

The term poultry refers to any domesticated birds such as chicken, duck, turkey etc. which are bred to be eaten or for various dishes. In Nepal chicken is most extensively consumed and used in the kitchen.

Different cuts and cooking methods:

S. NO.	DIFFERENT CUTS	COOKING METHODS
1	Breast	Stuffing, Frying and Grilling
2	Winglet	Frying
3	Fillet	Boiling, Grilling and Roasting
4	Thigh	Frying and Grilling
5	Carcass	Boiling
6	Drum Stick	Frying

7.4.1 Quality check and storage of poultry:

- The skin should be white and unbroken with a faint bluish tinge.
- The breast of the chicken should be straight, well fleshed and broad.
- The vent– end of the breast– bone of chicken must be pliable.
- Bird should not have cuts, scales or blood patches.
- Should not have too much fat especially in abdominal cavity.
- Feet and legs should be scaly with strong claws.

7.4.2 Preparing different types of Chickens dishes

Item: Chicken Kiev, Serving: 4 portions

INGREDIENTS	METHODS
Butter	50 g
Ground black pepper	½ tsp
Chicken breast	605 gm
Eggs	2 nos
Water	30 ml
Ground black pepper	½ tsp
Garlic powder	½ tsp
Dried dill weed	½ tsp
Flour	60 g
Dry bread crumbs	55 g
Vegetable oil	315 ml
Lemon, sliced	3 slice
Chopped fresh parsley	10 g

Preparation Method

- Mix butter, pepper and garlic powder in a bowl. On a piece of aluminium foil, spread mixture to about 2x3 inches. Place this mixture in the coldest section of your freezer and freeze until firm.
- Remove all fat from the chicken breast. Cut chicken breasts into half. Place each chicken breast half between 2 pieces of waxed paper and using a mallet, pound carefully to about 1/4 inch thickness.
- When butter mixture is firm, remove from freezer and cut into 6 equal pieces. Place one piece of butter on each chicken breast. Fold in edges of chicken and then roll to encase the butter completely. Secure the chicken roll with small skewers or toothpicks.
- In a mixing bowl, beat eggs with water until fluffy. In a separate bowl, mix together 1/4 teaspoon black pepper, 1/2 teaspoon garlic powder, dill weed and flour. Coat the chicken well with the seasoned flour. Dip the floured chicken in the egg mixture and then roll in the bread crumbs. Place coated chicken on a shallow tray and chill in refrigerator for 30 minutes.
- In a medium size deep frying pan, heat vegetable oil to medium–high. Fry chicken for about 5 minutes then turn over and fry for 5 minutes longer or until the chicken is golden brown. To test for doneness, cut into one of the rolled chicken breasts to make sure it doesn't have a pink interior. Serve immediately, garnished with a sliced lemon twist and a sprinkling or parsley.

Item: Buffalo Chicken Wings, Serving: 4 portions

INGREDIENTS	QUANTITY
Chicken wings	1nos
Butter	30 g
White vinegar	10 ml
Hot pepper sauce	40 ml
Salt and pepper	to taste
Vegetable oil	500 ml

Preparation Method

- Heat the oil in a deep fryer. Deep fry chicken wings in oil until done.
- Remove the chicken from the deep fryer and drain on paper towels.
- Melt the butter in a deep fryer and stir in the vinegar and hot pepper sauce.
- Season with salt and pepper to taste.
- Add cooked chicken to sauce and stir over low heat to coat.
- The longer the wings simmer in the sauce, the hotter they will be.
- Serve warm.

Item: Chicken Curry Kashmiri, Serving: 4 portions

INGREDIENTS	QUANTITY
Whole Chicken	1 kg
Ginger	5 gm
Garlic	5 gm
Turmeric	½ tsp
Kashmiri Chilli	10 gm
Coriander	5 gm
Onion	150 gm
Whole Garam masala	5 gm
Oil	30 ml
Tomato	60 gm
Salt	10 gm
Cashew nut	15 gm
Raisin	15 gm

Preparation Method

- Clean and cut chicken into small pieces. Slice half the onions and grind the rest with the masala.
- Simmer masala over chicken and set it aside. Heat fat and put in the whole gram masala, sliced onion and fry onion light brown.
- Add chicken and masala and fry well.
- Add blanched and chopped tomato and little water. Simmer chicken is tender.
- Fry dry fruits and nuts and garnish.
- Serve hot.

7.5 Fish

Fish, like meat, is composed of muscle, tissue, fat and bone which have high protein and provides wide variety of dishes. As compared to other meat items, fish takes short cooking time because of its soft tissue.

Fish can be obtained from lakes, rivers or sea. Fresh water fish are considered to be superior in flavour to salt water fish. Fish contains less fat in comparison to other meats. The fat content helps to determine the method of preparation.

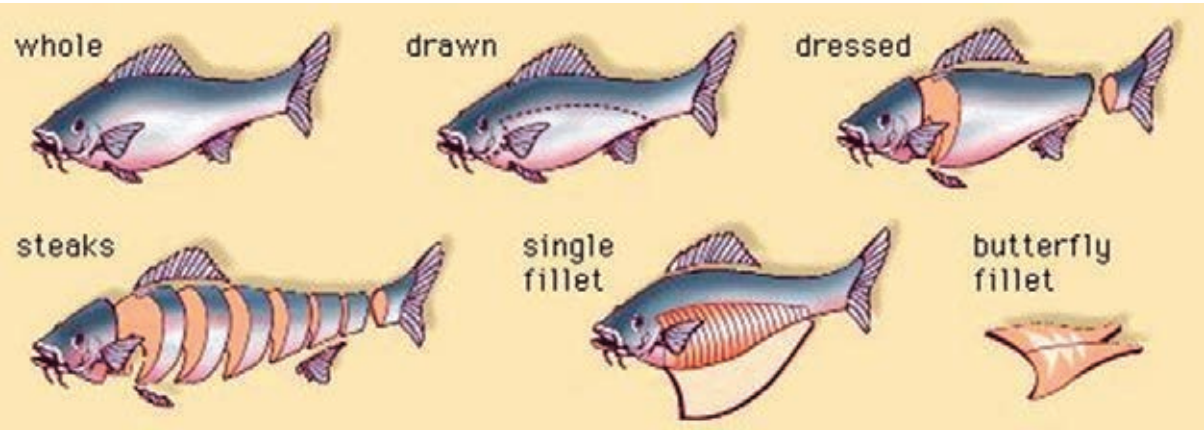
Fish that has fat will produce superior eating quality if cooked or boiled because of their natural fat which keeps them from drying during cooking. Lean fish are best poached, boiled or steamed. The flesh will be firm and will hold together during the cooking period. Both lean and fish with fat can be sautéed, fried, baked, poached etc.

Types of fish

There is not an exact classification of fish in the cooking world. Fish are generally classified on the basis of their shape and the type of water in which they are farmed or taken from. However, fishes can also be classified on the basis of their size and oil content. The most commonly used classification is on the basis of the water in which they are farmed:

1. **Fresh water fish:** The fishes that are farmed in fresh water such as lakes, river and ponds. Example Trout, Eel, Carp, Salmon, Black bets etc.

2. **Salt water fish:** The fishes that are farmed in salty water such as sea for example Red Snapper, Sturgeon, Red Mullet, Tuna, Sole, and Skate etc.



Different types of fish cuts and cooking method

S.N.	DIFFERENT CUTS	COOKING METHODS
1	Fillet	Poaching, Grilling, Frying and Baking
2	Supreme	Poaching, Grilling, Frying and Baking
3	Goujons	Frying and Poaching
4	Troncon	Boiling and Grilling
5	Darne	Boiling, Grilling and Frying
6	Delice	Poached
7	Paupiette	Poaching

7.5.1 Quality check and sign and storage of fish:

- The eyes should be bright.
- The gills should be red and no bacterial sign.
- The tail should be stiff.
- The scale should be firm and elastic.
- If the scale in the fish comes out itself then it is stale.
- There should be no unpleasant smell.

7.5.2 Preparing different Fish Dishes

Item: Fish and Chips, Servings: 4 Portions

INGREDIENTS	QUANTITY
Red snapper fillets	200 g
Egg beaten	1 nos
Dry bread crumbs	55 g
Vegetable oil	500 ml

Preparation Method

- Heat oil in a deep fryer.
- Dip fillets into beaten egg and roll in bread crumbs.
- Gently slide fish into hot oil and fry until golden brown.
- Drain briefly on paper towels.
- Serve hot.

Item: Fish Almandine, Serving: 4 Portions

INGREDIENTS	QUANTITY
Trout	4 whole
Flour	60 g
Blanched slivered almonds	100 g
Chopped fresh parsley, for garnish	8 g
Salt and pepper	To taste
Butter	115 g
Lemon juice	60 ml
Lemon, for garnish	1 slices

Preparation method

- Rinse and pat dry trout. Season inside and out with salt and pepper to taste. Dredge trout in flour.
- Heat 2 tablespoons butter in large skillet over high heat until melted. Add trout and brown both sides. Lower heat to medium and cook for about 5 minutes on each side or until cooked through. Remove trout to a serving plate and keep warm.
- Wipe out pan and add 2 tablespoons butter. Cook butter over medium heat until it just begins to brown. Add the almonds and brown.
- Pour sauce and almonds over fish and sprinkle with lemon juice and parsley. Garnish with fresh lemon slices.

Item: Bengali Fish Curry, Serving: 4 Portions

INGREDIENTS	QUANTITY
Rohu fish	½ inch (8 slices)
Lemon Juice	30 ml
Turmeric powder	5 gm
Salt	To taste
Mustard Oil	60 ml
Mustard seed	5 gm
Onion seed	5 gm
Whole dry red chilli	4 pcs
Bay leaf	4 pcs
Ginger and garlic paste	10 gm each
Onion chopped	180 gm
Mustard paste	5 gm
Red chilli powder	5 gm
Coriander powder	10 gm
Green chilli	4 slit
Fresh chopped coriander leaves	30 gm

Preparation method

- Marinate fish fillets with lemon juice, half a teaspoon of turmeric powder and salt.
- Set aside for thirty minutes. Heat two tablespoons of mustard oil in a pan and shallow fry fish pieces on both sides until slightly browned.
- Drain on absorbent paper and set aside. Heat remaining oil in the same pan, add mustard seeds, onion seeds, whole red chillies and bay leaf, cook for a few minutes till seeds crackle.
- Add ginger paste, garlic paste and cook again for a moment. Add chopped onions and cook until slightly brown in colour.
- Add mustard paste, red chilli powder, coriander powder and remaining turmeric powder. Stir and cook masala until oil starts separating.
- Add two cups of water and salt bring to a boil and then add shallow fried fish. Add slit green chillies and cook on a low heat until fish is cooked and oil starts floating on top.
- Remove and garnish with chopped coriander leaves and serve hot with steamed rice.

MODULE 8

BAKERY AND PASTRY

8 Introduction : Bakery and Pastry

This module is about bakery items such as different types of bread and the bread making process as well as pastries and its making process.

8.1 Bakery

Bakery is a place where baked food items such as breads, cakes and pastries are prepared for the purpose of selling.

8.1.1 Ingredients used in bread making

There are numerous of ingredients used in bread making according to their own distinctive flavour. The main ingredients are as follows:

Flour

White flour comes in various strengths according to how much protein the flour contains and how much gluten (an elastic substance) it will make.

1 **Strong or hard flour:** They are suitable for bread making because they develops the lot of gluten. It contains the 10–11% of gluten. They are used for the product like choux, puff pastries etc.
2 **Week flour:** It contains 10–11.5% of gluten. They are suitable for producing items of shorter and denser texture such as cakes, biscuits, sponges, short and sweet pastries.

Yeast

Yeast is a micro–organism that reproduces by a budding process. By–products of the growth process are responsible for dough rising. For growth, yeast cells need to have the following conditions available.

1 **Food:** In the form of sugar and gluten
2 **Temperature:** Warmth of the liquid used and the condition for proofing the dough
3 **Moisture:** Supplied by the liquid used
4 **Oxygen:** Taken from the atmosphere.

Yeast is available in several varieties. Generally fresh yeast and dry yeast are used in bakery.

Egg

Egg is used to produce richness, flavour and colour to the dough.

Sugar

Sugar is used to sweetening dough and it also makes the dough lightness, browning, tenderness and moistness.

Water or milk

Yeast needs water or a liquid to do its task. For some bread and many of the sweater dough products, the liquid i.e. milk or water is need. The milk adds flavour.

Salt

Salt adds three important roles in yeast dough, besides adding flavour. It strengthens the gluten, helps colour and crust and improves keeping quality of cooked product. However it slows down the action of the yeast.

8.1.2 Bread Making Process

The dry ingredients (flour, salt, milk powder, spices etc.) are usually sieved together. This helps them mix and remove any lumps. In some recipe the flour and fat are rubbed together, before other ingredients are added, to produce the sandy texture. Care should be taken to ensure that the yeast and salt are separately mixed into the dough. Preparing the baking container: Always brush tins with cooking fat so that the bread don't stick. If the bread tins are cold, warm them lightly before putting the dough in.

- **Mixing:** The first stage of combining the dry ingredient with liquid, eggs (if used) and yeast is done by mixing (machine/hand).
- **Kneading:** This is mixing the dough vigorously, continue until the dough is no longer sticky to touch and has a shiny surface. It is done to develop the gluten.
- **Proving:** The dough is set –aside after kneading to prove or ferment. While proving the dough is kept in the proving chamber or kept in room temperature by covering with polythene and lightly oiled to keep it moist.
- **Folding:** This is part of the kneading process, folding and pushing down to get air into the dough. In bread making the dough is rolled to make loaves then folded to get into the bread tin. This gives it a good depth and the right shape.
- **Shaping:** Rolls and loaves are made into many different shapes by cutting, folding and rolling the dough.
- **Portioning:** For rolls, buns, pizzas, bread etc. the dough has to divide by weighing each portion. This is why it is also called dividing and scaling.
- **Baking:** The temperature range for bread is between 232C–260C with a good average being 246C the baking of bread extracts a lot of heat from the oven. The time of baking depends upon the size of the loaf and the volume being baked at one time.

8.1.3 Preparing different Bakery Items

Items: Sandwich Bread, Serving: For 10 portion

INGREDIENTS	QUANTITY
Flour	1 kg
Fresh Yeast	40 gms
Sugar	100 gms
Eggs	2 nos
Butter	100 gms
Salt	15 gms
Milk powder	50 gms
Warm water	500 ml

Preparation Method:

- Dissolve yeast in a little sugar and warm water, sprinkle some flour on top and cover with a damp cloth to check the fermentation of yeast.
- Mix flour, sugar, salt, egg, butter and milk powder.
- Add fermented yeast and water, knead well to make smooth dough, prove to double.
- Knead the dough back to normal size.
- Keep for second proving and knead back again.
- Scale into required size.
- Place in greased bread tins and cover with damp muslin cloth.
- Let the dough prove till 4/5 size of bread tin and bake in hot oven.
- Baking time is 30–45 mins and the temperature should be 200 C – 225 C.

Item: Bread Rolls/Sticks/Burger/Hot Dogs, Serving: 2 portions

INGREDIENTS	QUANTITY
Flour	200 gms
Fresh yeast	10 gms
Sugar	25 gms
Salt	5 gms
Eggs	1 nos
Butter	50 gms
Milk powder	10 gms
Warm water	100 ml

Preparation Method:

The Method is same as sandwich bread, but the baking timing is 12 – 15 minutes.

Item: Croissant, Serving: 2 portions

INGREDIENTS	QUALITY
Flour	200 gms
Fresh yeast	10 gms
Salt	5 gms
Sugar	5 gms
Milk powder	10 gms
Warm water	100 ml
Butter	50 gms

Preparation Method:

- Dissolve yeast in a little sugar and warm water, sprinkle some flour on top and cover with a damp cloth to check the fermentation of yeast.
- Mix flour, salt, butter and milk powder.
- Add the fermented yeast and water, knead well to make smooth dough, prove to double size.
- Then make it rectangle or square shape and keep in the refrigerator for about half an hour. Now roll it like puff paste.
- Keep dough in round spherical shape, cut 't' sign with knife at middle and extract four wings keeping centre four times thicker than wings.
- Keep square butter at the centre and wrap with flaps and roll to make rectangular shape, then keep in plastic bag and keep it in a freeze for 20 mins.
- Again roll and keep it in a freeze for 3– 4 times.
- Finally roll it into thin crust of 5mm and cut it into rectangular shape.
- Now, cut little on base or middle and roll by stretching.
- Keep it on a greased tray and leave it for proving.
- Egg wash it and place it in a oven for 15 – 20 mins
- Serve it with a soup.

Item: Orange Muffin, Serving: 18 pcs

INGREDIENTS	QUALITY
Flour	115 gms
Baking powder	½ tsp
Butter	85 gms
Sugar	115 gms
Milk	50 ml
Orange juice	50 ml
Egg	2 nos
Orange rind finely chopped	1 tsp

Preparation Method:

- Cream butter and sugar. Blend in beaten egg and orange rind.
- Sift flour baking powder and salt. Add alternately with milk and orange juice, mix well.
- Fill grease muffin pans. Bake at 205*C for 15–20 minutes.

8.2 Pastry

Sweet baked goods made of dough having a high fat content are called pastries. To make a good pastry it is necessary to be familiar with the basic techniques and rules and follow the recipe carefully.

8.2.1 Types of pastry

The different types of pastry are as follows:

- **Short Pastry:** It is made from blending flour with half its weight of fat (butteror pastry margarine) then add water to produce a paste that can be rolled to make different short pastry. Baking is done for short pastry.

- **Sweet Pastry:** The basic ingredients for sweet pastry are flour, fat, sugar, usually in the ratio of 1 part sugar, 2 parts fat and 3parts flour. Use the egge in the place water which produce the richer taste. Sweet pasrties are baked.

- **Suet Pasrtry:** Use chopped beef suet as fat with a little baking powder(to give the pastry lightness). The baking powder is sieved with the flour and salt. Mix the suet in well, add the water and lightly mix to form a paste. Suet pastry is steamed.

- **Choux pastry:** Uses more water and egg than the other types of pastry. Th mixture is variously beaten together, which gives the pastry the strength elasticity as it needs to expand, as all the recipe water turns to steam. When cooked, the paste more than doubles in size with a soft hollow centre.

- **Puff Pastry:** The basic ingredients used to prepared puff pastry are flour, fat salt, lemon juice, ice and water. While making it is essential to have the fat and dought of equal consistency. Puff pastry consist of laminated structure build up of alternate layer of dough and fat. When the pastry is baked the expanding air and water vapoir puff the separate layer apart from eash other resulting in delightful, crispy, light pastry. Baking method of cooking is done for puff pastry.

- **Rough puff or flaky pastry:** It has similar light texture to puff pastry, but rise in more randam way. The paste has small lumps of fat in it , rather than whole layers. Baking is done for rough puff pastry.

8.2.2 Principle of pastry making

- Good mixing technique is the basis of good pastry. All the pasrty dough should be mixed on smooth table(marble/stain less steel). The majority of the pastry dough needs cool conditions.
- The ratio of flour to fat depends on the type of pastry. Dry ingredients must be mixed thoroughly, especially for short paste.
- It is impotrant to have the correct amount of liquid for mixing.
- Dough need resting and they should be allowed to relax after rolling.
- When baking, oven must be always pre heated to the correct temprature before placing any pastry in the oven.

8.2.3 Preparation method of pastry

- Rubbing–in: The process of blending fat and flour to acquire sandy mixture for short and sweet pastary.
- Mixing: This is the simple process of mixing the chopped suet with the flour.
- Relaxing or resting: Leave short and sweet pastry paste in cool place before and after rolling. It helps the fat firm up so the pastry keeps a better texture, shaps and cuts more easily and shrinks less when cooking.
- Kending: Making a properly blended mixture.

8.2.4 Preparing different types of Pastry Dishes

Follow recipe instructions on temprature and time and there shouldbe a good result. The faults often occur with pastry such as too solid or dense, tough or chewy textures, shrinking or uneven shapes. It can happen because of too low oven temperature, over mixed, not rested sufficiently, or an error in measuring the ingredients so on and so for.

Different types of pastry dishes with recipe are as follows.

Item: Plain Sponge, Serving: 12 portions

INGREDIENTS	QUANTITY
Egg	5 nos
Sugar	150 gm
Flour	120 gm
Corn Flour	30 gm

Preparation Method:

- Put Egg and Sugar in a mixing bowl and whisk it.
- Take a steel bowl and add the flour, Corn flour and stir all the ingriedents.
- When the texture comes at ribbon stage, slowly fold the mixture.
- Pour the mixture on the greased lined tray and bake it at 200 degree centigrade for 20–25 minutes.

Item: Peach Gateaux, Serving: 12 portion

INGREDIENTS	QUANTITY
Plain Sponge	1 nos
Orange Juice	300 ml
Rum	5 ml
Peaches	400 gm
Cream	1/2 gm
Almond	100 gm

Preparation Method:

- Cut the sponge into three layers, soak them into the mixture of Orange juice and Rum.
- Spread the 1st layer with fresh whipped cream and chopped peach, then put the 2nd layer on top of the first one and repeat the same process with the 2nd layer as well.
- Place the 3rd layer on top and cover it by spreading all the fresh cream over it.
- Decorate the cake by sticking almonds on the side of the cake and putting the sliced peaches on top.

Item: Black Forest Cake, Serving: 12 portions

INGREDIENTS	QUANTITY
Flour	250 gms
White Sugar	400 gms
Unsweetened Cocoa powder	60 gms
Baking Powder	3 gms
Baking Soda	10 gms
Salt	5 gms
Milk powder	200 gms
Egg	3 nos
Vegetable oil	120 gms
Vanilla	5ml
Sour Cherries	500 gms
Whipped Cream	250 ml
Icing Sugar	80 gms
Grated Black Chocolate	50 gms

Preparation Method:

- Place a thick bottomed pan on very low flame and melt butter in it
- Remove from the flame and let the butter cool.
- Add condensed milk and mix well.
- Sieve flour, cocoa powder, baking powder, cooking soda and salt together. Make sure there are no lumps in the mixture.
- Grease a baking tray with little butter.
- Dust it with flour and keep it aside.
- Take a pan with little butter and put the flour mixture with the condensed milk–butter mixture.
- Now add aerated cola and mix it well.
- Pour the batter into the greased baking tray and bake for 30 to 40 minutes at 175 C.
- When it is done, let it cool and then slit it horizontally into two.
- Whip the cream till light and fluffy.
- Sandwich the two layers of cake with whipped cream and cherries.
- Top with whipped cream and cherries.
- Grate dairy milk chocolate bar and sprinkle over the cake.

Item: Gajar ko Halwa, Serving: 1 portion

INGREDIENTS	QUANTITY
Carrot	150 gms
Ghee	15 gm
Green cardamom crushed	½ tsp
Milk	30 ml
Sugar	30 gm
Khuwa malai	30 gm
Almond shredded	½ tsp
Cashewnut shredded	½ tsp
Pistachios	½ tsp
Kewra essence	2 drops

Preparation Method:

- Clean and grate the carrot. Heat the ghee in the kadai, add the cardamom seed and grated carrot. Cook uncovered for few minutes.
- Add the milk reduce heat and simmer. Cook till the carrot are done and water dries up.
- Add the sugar and cook on slow heat till the halwa is dry.
- Stir in ¾ of the khuwa very well, add the chopped nuts and remove from heat.
- Add essence, serve hot, décor with remaining khuwa and nuts.

MODULE 9

BREAKFAST AND LIGHT MEALS

9 Introduction : Breakfast and Light Meals

This module is about light meals such as breakfast, sandwiches, burgers and snacks, their types, their different components and the most common breakfast recipes for you to apply learning.

9.1 Breakfast

Breakfast is the first meal of the day hence the name, "to break a fast". Breakfast menus vary depending upon the country, custom and the occupation of the meal taker. Hence, breakfast dishes vary depending upon the customs, food habit and the nature of job they perform. Breakfast being the first meal of the day, it should be nourishing, digestible and filling.

Normally the breakfast is taken between 7 to 11 am and usually it consists of items such as juice, fruits, cereals, bread toasts, eggs, meat, vegetables, tea and coffee.

9.1.1 Types of Breakfast:

There are many different types and concepts of breakfast, following are some popular breakfasts.

- Continental Breakfast
- American Breakfast
- English Breakfast
- Indian Breakfast
- Nepali Breakfast

Continental Breakfast: Continental breakfast is usually light fare for breakfast, usually having juices, rolls, muffins, and of course coffee. The traditional continental breakfast consists simply of hot croissant, toast, butter or any reverses' and coffee as hot beverages. The current trend in the continental breakfast menu is towards offering wide verities of choice.

- **Components of Continental Breakfast:**
  1. Choice of juice: mango, pineapple, tomato, orange etc.
  2. Choice of bread with preserves: toast (white and brown), rolls, croissant, muffins, jam, butter, honey, marmalades etc.
  3. Choice of tea or coffee: milk tea, black tea, milk coffee, black coffee etc.

English Breakfast: A full English breakfast menu consists more elaborated and eleven–courses of meal. The extent and variety of the menu depends upon the type of establishment in which it is being served.

- **Components of English Breakfast:**
  1. Choice of juice: mango, pineapple, tomato, orange etc.
  2. Choice of cereals: cornflakes, muesli, oat meal, porridge etc.
  3. Choice of bread with preserves: toast (white and brown), rolls, croissant, muffins, jam, butter, honey, marmalades etc.
  4. Egg to order: poached, fried, scrambled, omelettes served with bacon, ham, sausages etc.

5. Choice of meat and fish: bacon, ham, sausage, fish cake, kippers, tuna etc.
6. Choice of fresh fruits: mango, banana, apple, orange etc.
7. Choice of sweets: pastries, fruit cakes, ice creams etc.
8. Choice of tea or coffee: milk tea, black tea, milk coffee, black coffee etc.

American breakfast: American breakfast is almost as same as English breakfast but the difference is that in American Breakfast, Meat items, Fish items and Cheese items are not served. In a traditional type of American breakfast cereals items were not included where as in a modern American breakfast consists of cereal items to make it more elaborate, complete and heavy.

- **Components of American breakfast:**
  1. Choice of juice: mango, pineapple, tomato, orange etc.
  2. Choice of cereals: cornflakes, muesli, oat meal, porridge etc.
  3. Choice of bread with preserves: toast (white and brown), rolls, croissant, muffins, jam, butter, honey, marmalades etc.
  4. Egg to order: poached, fried, scrambled, omelette.
  5. Choice of tea or coffee: milk tea, black tea, milk coffee, black coffee etc.

Indian Breakfast: The breakfast originated from India and eaten all over the world. The Indian breakfast consists of some amount of fats and carbohydrate.

- **Components of Indian Breakfast:**
  1. Choice of juice: Lassi, Jaljeera, mango, pineapple etc.
  2. Choice of egg: masala omelet, egg bhujee etc.
  3. Choice of bread: puri, chappati, parathi, bhatura etc
  4. Choice of vegetable curry: chola, bhaji, mixed vegetables etc
  5. Choice of fresh fruits with curd: mango, banana, apple, orange etc.
  6. Choice of tea or coffee: masala tea, milk tea, black tea, milk coffee etc.

Nepali Breakfast: The Nepali breakfast represents typical set of items usually served in a restaurant; it may differ from place to place.

- **Components of Nepali Breakfast:**
  1. Choice of juice: Lassi, mango, pineapple, etc.
  2. Choice of egg: Boiled egg, nepali omelet etc.
  3. Choice of bread: Jeri, swari, sel roti, malpuwa etc.
  4. Choice of vegetable curry: Tarkari, mixed vegetables etc.
  5. Choice of tea or coffee: Black tea, milk tea, black tea, milk coffee etc.

9.1.2 Preparing different Breakfast Items

Item: Scrambled Egg, Servings: 4 portions

INGREDIENTS	QUANTITY
Butter	20 gms
Eggs	8 eggs
Milk	100 ml
Salt	to taste
Ground black pepper	to taste

Preparation Method:

- Beat the eggs, milk, salt and pepper together in a small bowl.
- Melt the butter in a pan over medium heat, pour into the pan and cook, stirring continually until the eggs have nearly set, but are still slightly moist.
- Serve hot.

Item: Masala Omelette, Servings: 4 portions

INGREDIENTS	QUANTITY
Oil	20 ml
Chopped onion	120 gms
Chopped chillies	50 gms
Chopped tomatoes	120 gms
Eggs	8 nos.
Milk	50 ml
Chopped coriander	5 gms
Salt and black pepper	to taste
Red chilli powder	5 gms

Preparation Method

- Beat the eggs, add milk, chopped onion, tomatoes, chillies, coriander, salt and chilli power.
- Beat the mixture until foamed.
- Heat oil in a frying pan and add the mixture to it.
- Cook over low heat till the mixture is firm and flip it to the other side and fry.
- Serve hot.

Item: Spanish Omelette, Serving: 2 portions

INGREDIENTS	QUANTITY
Olive oil	80 ml
Sliced potatoes	150 gms
Sliced onion	60 gm
Eggs	4 nos
Salt and pepper to taste	to taste
Chopped tomatoes	60 gm
Chopped green onions	60 gm

Preparation Method

- In a frying pan, heat olive oil over medium-high heat.
- Sprinkle potatoes lightly with salt and pepper.
- Cook until golden brown and crisp.
- Once the potatoes are golden, stir in the onions.
- Cook, stirring occasionally, until onions soften and begin to brown.
- Meanwhile, beat eggs together with salt and pepper. Pour eggs into pan and stir gently to combine. Reduce heat to low and cook until eggs begin to turn brown on the bottom.
- Loosen bottom of omelette with a spatula, invert a large plate over the pan, and carefully turn the omelette out onto it. Slide the omelette back into the pan with the uncooked side down. Cook until eggs are set.
- Garnish omelette with tomato and green onion and serve warm.

Item: Poached Eggs, Serving: 2 portions

INGREDIENTS	QUANTITY
Water	1 litre
Small eggs	4 nos.
Vinegar	50 ml

Preparation Method

- Boil the water in a deep pan.
- Reduce heat to medium-low and add vinegar to the boil.
- Crack the eggs into individual bowls and gently drop them into the syrup.
- Cook the egg on one side until the white is partially set and opaque.
- Gently turn over to cook the other side until egg white is opaque but not hard, and the yolk is still liquid or to desired doneness.
- Spoon the eggs into individual bowls and spoon syrup over each egg, serve warm.

Item: Potato Hash Brown, Serves: 1 Portion

INGREDIENTS	QUANTITY
Potato	250 gms
Butter or Oil	50 gms
Salt	Sprinkle
Pepper	Dash
Onion	50 gms
Capsicum	50 gms
Coriander Leaves	1to2 bunch

Preparation Method

- Peel and cut the potato into round slice and boil the slice potato till cooked
- Thinly round slice the onion and capsicum
- Heat oil /butter in a pan, add sliced onion and capsicum in the pan and cook till light brown
- Now put the boiled potato, mixed well and add seasoning
- Cook 5–7 minutes till light brown and serve hot with toast or omelettes

Item: Pancakes, Serves: 1

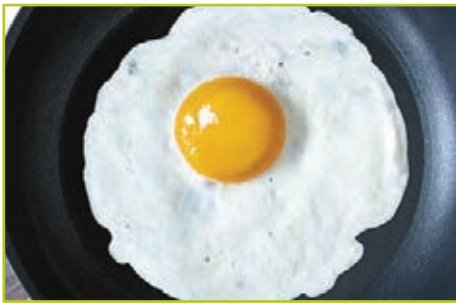
INGREDIENTS	QUANTITY
Flour	40gms.
Baking Powder	1 gms
Salt	0.5gms
White Sugar	4gms
Milk	80 ml
Egg	2 nos.
Oil	10 ml

Preparation Method

- Combine flour, sugar, baking powder, baking soda and salt
- Make a well in the centre. In a separate bowl, beat together egg, milk and oil
- Pour milk mixture into flour mixture. Beat until smooth.
- Heat a lightly oiled pan over medium high heat
- Pour or scoop the batter onto the pan, using approximately 1/4 cup for each pancake
- Brown on both sides and serve hot.

Item: Fried Egg, Serving: 1 portion

INGREDIENTS	QUANTITY
Oil	10 ml
Eggs	2 nos.
Salt	to taste
Black pepper	to taste



Preparation Method

- Get your frying pan on a medium to low heat and add oil to lightly coat the bottom of a large non–stick pan.
- Crack the eggs into the pan.
- Cook until the tops of the whites on one side is firm.
- Flip the egg to other side and cook until firm.
- Season with salt and pepper and serve hot.

Item: Sunny Side – up, Serving: 1 Portion

INGREDIENTS	QUANTITY
Oil	10 ml
Eggs	2 nos.
Salt	to taste
Black pepper	to taste

Preparation Method

- Get your frying pan on a medium to low heat and add oil to lightly coat the bottom of a large non–stick pan.
- Crack the eggs into the pan.
- Cook until the tops of the whites are set but the yolk is still runny.
- Place on a plate and serve with salt and pepper to taste.

Items: Mix Cereals for Breakfast, Serving: 4 portions

INGREDIENTS	QUANTITY
Water	500 gms
Chopped pitted prune	4 nos.
Raisins	50 gms
Oat bran	50 gms
Wheat bran	50 gms
Wheat garm	50 gms
Flax seed	50 gms
Honey	20 ml

Preparation Method

- Bring the water with the prune and raisins to a boil in a pot and cook for some time.
- Stir the oat bran, wheat bran, wheat gram, flax seed and honey into the fruit mixture.
- Remove from heat and serve hot.

9.2 Sandwich

A sandwich is a food item, consisting of two or more slices of bread with one or more fillings between them. Sandwiches are a widely popular type of lunch food, typically taken to work, school, or picnics to be eaten as part of a packed lunch. They generally contain a combination of salad vegetables, meat, cheese, and a variety of sauces or savoury spreads. The bread can be used as it is, or it can be coated with any condiments to enhance flavour and texture. They are widely sold in restaurants and cafes.

9.2.1 Types of Sandwich are as follows:

Hot Sandwich: Sandwich which are served hot are known as cold sandwiches. They are served open and closed. Grilled chicken sandwich, grilled cheese sandwich, grilled ham and cheese sandwich, roasted vegetable sandwich and club sandwich are some of the examples of hot sandwich.

Cold Sandwich: Sandwich which are served cold are cold sandwich. They are served open and closed. Chicken salad sandwich, tuna salad sandwich, tomato and cucumber sandwich, cheese and ham sandwich, turkey sandwich, veggie and cheese sandwich are some of the examples of cold sandwich.

9.2.2 Components of Sandwich

Base	Bread, bread rolls etc.
Spread	Butter, mayonnaise, margarine, cold sauce, cream etc
Body	Fillings such as meat, poultry, fish, cheese, egg, vegetables etc.
Accompaniment	Usually crunchy foods such as wafer chips, French fries etc.
Garnishes	Usually leafy vegetables.

9.2.3 Preparing different types to Sandwiches

Item: Grilled Cheese Sandwich, Serving: 4 portions

INGREDIENTS	QUANTITY
White bread	8 slice
Butter	100 gms
Cheddar cheese	4 slice

Preparation Method

- Pre-heat the salamander in medium heat.
- Spread butter on one side of a slice of bread.
- Place bread butter-side-down onto the salamander and add 1 slice of cheese.
- Butter a second slice of bread on one side and place butter-side-up on top of sandwich.
- Grill until lightly browned and flip over; continue grilling until cheese is melted.
- Repeat with remaining slices of bread, butter and slice of cheese.
- Serve hot

Item: Vegetable Sandwiches (open sandwich), Serving: 4 portions

INGREDIENTS	QUANTITY
Chopped tomatoes, chopped	150 gms
Chopped onion, chopped	100 gms
Chopped red bell pepper, chopped	2 gms
Chopped green bell pepper, chopped	5 gms
Olive oil	10 ml
White American cheese	4 slice
White bread	4 slice

Preparation Method

- Pre-heat the oven's broiler.
- In a medium bowl, toss together the tomatoes, onion, red bell pepper, and green bell pepper.
- Place the slices of bread on a baking sheet and place it under the broiler.
- Broil for about 2 minutes, just until lightly toasted.
- Remove from the oven, and turn the bread untoasted side up.
- Place a handful of the vegetable mixture on top of each slice. Drizzle with a bit of olive oil, and then top with a slice of cheese.
- Return the bread slices to the broiler, and toast until the cheese is melted.
- Serve immediately.

Item: BLT Sandwich, Serving: 4 portions

INGREDIENTS	QUANTITY
Bacon	8 slices
Lettuce	8 leaves
Tomato	250 gms
Toasted bread	8 slices
Mayonnaise	60 ml

Preparation Method

- Grill the bacon on a grill until evenly browned and keep it aside.
- Slice the tomatoes.
- Arrange the grilled bacon, lettuce, and tomato slices on a slice of bread.
- Spread one side of remaining bread slice with the mayonnaise.
- Bring the two pieces together to make a sandwich.

Item: Chicken Club Sandwich, Serving: 4 Portions

INGREDIENTS	QUANTITY
Toasted bread	12 slices
Mayonnaise	180ml
Lettuce	8 leaves
Boiled chicken breast	250 gms
Tomato	200 gms
Eggs	4 nos
Oil	20 ml
Salt and pepper	to taste

Preparation Method

- Prepare plain omelette, toast the bread and place it aside.
- Spread each slice of bread with mayonnaise.
- On one slice of toast, place the chicken and lettuce and cover with a slice of toast.
- Add omelette and tomato fillings on the top.
- Cover the layer with slice of toast.
- Serve hot

Item: Tuna Sandwiches, Serving: 2 portions

INGREDIENTS	QUANTITY
Tuna	1 can
Finely chopped celery	30 gms
Chopped green onion	20 gms
Mayonnaise	30 ml
Lemon juice	15ml
English muffins, split, toasted and buttered	2 nos
Cheddar cheese	4 slices

Preparation Method

- Preheat the oven's broiler.
- In a medium bowl, mix together the tuna, celery, green onion, mayonnaise and lemon juice.
- Spoon equal amounts onto each English muffin half, and top with a slice of cheese. Place the sandwiches on a baking sheet.
- Broil for 2 to 3 minutes, or until cheese is melted and toasty.
- Serve hot.

9.3 Burger

A hamburger (also called a hamburger sandwich, burger or hamburger) is a sandwich consisting of a cooked patty of ground meat usually placed inside a sliced bread roll. Hamburgers are often served with lettuce, bacon, tomato, onion, pickles, cheese and condiments such as mustard, mayonnaise, ketchup and relish.

9.3.1 Preparing different types to Burger

Item: Chicken Burger, Serving: 1 Burger

INGREDIENTS	QUANTITY
Chicken Mince	200gm
Mayonnaise	30gm
Salt	Sprinkle
Pepper	1 Dash
Onion	100gm
Tomatoes	50gm
Lettuce	50gm
Cucumber	50gm
Bun	1nos
Egg	1nos

Preparation Method

- Add pepper, salt and finely chopped onion to chicken mincemeat.
- Bind with egg and make even sized flat cake and grill till cooked
- Peel and slice the tomato, cucumber and onion, cut the bun into half.
- Spread mayonnaise, lettuce, slice onion, tomato and cucumber on base of bun and now put the cooked meat petty on it and cover it with top part.
- Served with fries on side.

Item: Hamburger, Serving: 1 Burger

INGREDIENTS	QUANTITY
Beef Mince	200gm
Mayonnaise	30gm
Salt	Sprinkle
Pepper	1 Dash
Onion	100gm
Tomatoes	50gm
Lettuce	50gm
Cucumber	50gm
Bun	1nos
Egg	1nos

Preparation Method:

- Add pepper, salt and finely chopped onion to beef mincemeat.
- Bind with egg and make even sized flat cake and grill till cooked
- Peel and slice the tomato, cucumber and onion, cut the bun into half.
- Spread mayonnaise, lettuce, slice onion, tomato and cucumber on base of bun and now put the cooked meat petty on it and cover it with top part.
- Served with fries on side.

9.4 Snacks

A snack is a portion of food often smaller than a regular meal, generally eaten between meals. Snacks come in a variety of forms including packaged and processed foods and items made from fresh ingredients at home.

9.4.1 Preparing of different types to Snacks

Item: Chicken Nuggets, Serving: 10 portions

INGREDIENTS	QUANTITY
Vegetable oil	1000 ml
Flour	650 gms
Garlic salt	125 gms
Ground black pepper	25 gms
Eggs	5 nos
Chicken breast cut into small slice	2 kgs
Bread Crumbs	As required

Preparation Method

- Heat oil in a large saucepan.
- Stir together the flour, garlic salt, and pepper in a bowl.
- Dip the chicken pieces individually into the beaten eggs before pressing into the flour mixture to coat; shake off the excess flour.
- Place the coated chicken pieces onto a bread crumbs until all the chicken has been coated.
- Cook the chicken in batches in the hot oil until golden brown and no longer pink in the centre.

Item: Fish Finger, Serving: 4 portions

INGREDIENTS	QUANTITY
Fillet of bekti fish	1 kg
Bread crumbs	250 gm
Oil	1 litre
Eggs	2 nos
Water	20 ml
Lemon wedges	1 lemon
Salt and pepper	To taste

Preparation Method:

- In a bowl, beat the egg, water, and salt, and pepper to taste. In a separate bowl, pour the bread crumbs.
- Rinse the fish and cut it into 4– by 2–inch sticks. Lightly coat the fish with the egg wash, then the bread crumbs.
- Heat the olive oil in a large skillet over medium–high heat. Add the fish and cook until it turns golden.
- Serve with lemon wedges and tartar sauce.

Item: Aloo tikki, Serving: 2 portions

INGREDIENTS	QUANTITY
Potato	350 gm
Green chilli chopped	10 gm
Fresh Coriander leaves chopped	Few sprigs
Rock salt	To taste
Asafoetida	A pinch
Red chilli powder	10 gm
Ghee	To fry

Preparation Method:

- Wash boil peel and mash potatoes. Add green chilli, coriander leaves, rock salt, asafoetida and red chilli powder to the mash potato and mix well.
- Divide into 12 pcs, shape them into round tikka.
- Heat a tawa and shallow fry the tikkas on both sides with ghee till golden brown. Serve hot with chutney.

Item: French fries, Serving: 3 portions

INGREDIENTS	QUANTITY
Potato	500 gm
Oil	To fry
Salt	To taste

Preparation Method:

- Peel and cut the potato into strip of about 1/3 to ½ inch thickness and wide.
- Soak potato into cold water for one hour at room temperature. Drain well and dry with paper towel.
- Heat well in a deep fryer to about 375* F. Fry it in hot oil until the colour turns golden brown and tender.
- Serve hot with ketchup.

Item: Hara Bhara Kebab, Serving: 2 portions

INGREDIENTS	QUANTITY
Potato	200 gm
Green pea	200 gm
Ginger	5 gm
Green chilli	5 gm
Cumin seed	5 gm
Black pepper	½ tsp
Salt	To taste
Oil	To fry

Preparation Method:

- Boil peel and grate potato,.
- Boil peas and strain.
- Make a fine paste of ginger and green chillies.
- Heat oil in a pan and crack cumin seed.
- Now fry peas ginger chilli paste, coriander, salt and black pepper.
- Mix properly and remove it from heat.
- Add this to the potato mixture, make kebab of long shape.
- Heat oil in a pan and deep fry all kebabs until they turn golden brown.
- Serve hot with mint chutney.

Item: Chicken Malai kebab, Serving: 5 portions

INGREDIENTS	QUANTITY
Chicken boneless	1 kg
Vinegar	30 ml
Egg	1 nos
Cheese	60 gm
Coriander leaves fine chopped	10 gm
Oil	100 ml
Salt	To taste
Ginger garlic paste	50 gm
Corn flour	10 gm
Green chilli	10 gm
Fresh cream	120 ml
Butter	50 gm

Preparation Method:

- Clean and make pieces of chicken.
- Marinate with salt, ginger, garlic paste and vinegar, leave at least for half an hour.
- Squeeze lightly against palms and keep aside.
- In a tray rub cheese with palm to smooth paste, half egg to it, corn flour and mix them well.
- Add a part of cream to soften it.
- Add boneless marinated chicken to this mixture then add chopped green chilli and coriander.
- Pour in remaining cream and mix together. Let it rest for 2–3 hours.
- Pour the marinated chicken pieces on skewer and half cook in tandoor. Take it out and hang it for 10 minutes.
- Baste it with refined oil and cooking butter mixture and put back in tandoor till it gets light golden color.
- Serve hot with lemon slice, garnish with coriander leaves accompanied by mint chutney.

Item: Chicken Chilli, Serving: 1 portion

INGREDIENTS	QUANTITY
Chicken(with/without bone)	150Gm.
Onion	50Gm.
Capsicum	50Gm.
Tomato	80Gm.
Pepper	1Dash
Salt	To taste
Soya Sauce	1Tbsp.
Vinegar	0.25Tsp.
Tomato Sauce	1Tsp.
Green Chilli Sauce	1/2Tbsp.
Green Chillies	2Pcs
Garlic	1/2Tbsp.
Corn flour	1/2Tbsp.
Flour	1/2Tbsp.
Egg	1/2No.
Oil	To fry

Preparation Method:

- Clean and make pieces of chicken.
- Marinate the chicken in half soya sauce, egg, salt, pepper, flour, corn flour, half the garlic and half the green chilli sauce for at least 30 mines. Leave it for an hour or two if you have the time.
- Heat a pan with oil and lightly fry the chicken pieces until golden brown. Set aside.
- In the remaining oil, add chopped garlic and chillies and fry for 2 minutes
- Next, add the onions, capsicum and tomato, fry until soft (2–3 mines). Add vinegar and mix well
- Add fried chicken and the remaining ingredients.(soya sauce, green chilli sauce, tomato sauce, salt and pepper).
- Stir all the ingredients until well combined and fry for another 3–4 mines.
- Garnish with some chopped spring onions and serve hot.

Item: Aloo Paratha, Serving: 2 portions

INGREDIENTS	QUANTITY
Flour	100 gms.
Salt	1 gms
Water	45 ml
Oil	15 gms
For Stuffing	
Potato	80 gms
Onion (minced)	20 gms
Ginger Grated	1 gms
Salt	to taste
Gram masala	1gms
Coriander levees chopped	1Sprig
Roasted cumin seeds	1 gms
Green Chilli Chopped(optional)	1 Pcs
Flour	80 gms
Salt	1 gms
Water	45 ml

Preparation Method:

- Prepared the dough as chapati. Boil the potato with skin, cool, peel and mash
- Add minced onion, ginger, green chilli and seasonings to the mashed potato and mix well.
- Make small round balls flatten. Put a portion of potato mixture in the centre, fold the dough over to cover and re –shape into a ball and roll out thinly.
- Grease the hot tawa and place the paratha on it.
- Cook on one side for 1 minute, turn over and apply oil. Similarly apply oil on the other side and cook till golden brown on both sides. Served hot with curd and pickle.

Item: Chicken momo, Portion: 5 portions

INGREDIENTS	QUANTITY
Flour	500 gm
Minced chicken	500 gm
Chopped onion	250 gm
Chopped green chilli	10 gm
Chopped ginger	5 gm
Salt	10 gm
Soya sauce	1 tsp
Ajino moto	½ tsp

Preparation Method:

- Mix flour and water and make soft dough kneading vigorously.
- Set the dough aside for about an hour.
- Mix chopped onion, green chilli, ginger and minced meat. Add soya sauce, salt and ajino moto in the mixture.
- Divide dough evenly into small balls weighing about 10 gms each and roll to about 2 and ½ inch diameter.
- Put 1 tsp of minced meat into centre of each flour and seal it.
- Boil water in a steamer grease perforated compartments and place momos keeping them at least ½ inch apart.
- Steam momos for 10minutes. Serve steaming hot accompanied by tomato garlic chutney.

Item: Vegetable Chowmein, Portion: 2 portions

INGREDIENTS	QUANTITY
Green peas	100 gms
Carrot	100 gms
Capsicum	100 gms
Onion	100 gms
Cabbage	50 gms
Tomatoes	50 gms
French beans	50 gms
Oil	20 ml
Noodles	200 gms
Sliced Ginger and garlic	10 gms

Preparation Method

- Boil and drain noodles.
- Heat pan and saut all the mentioned vegetables.
- Sautee noodles in a little fat and add saut ed vegetables, ajino moto, salt and pepper
- Serve hot accompanied by ketchup and chilli sauce.

The future

Congratulations for successfully completing the Food Production – Assistant Cook course. Now you are fully equipped to start your career in food production with complete understanding of industry demands. It is one of the most rewarding and evolving profession in the hospitality sector.

FOOD PRODUCTION
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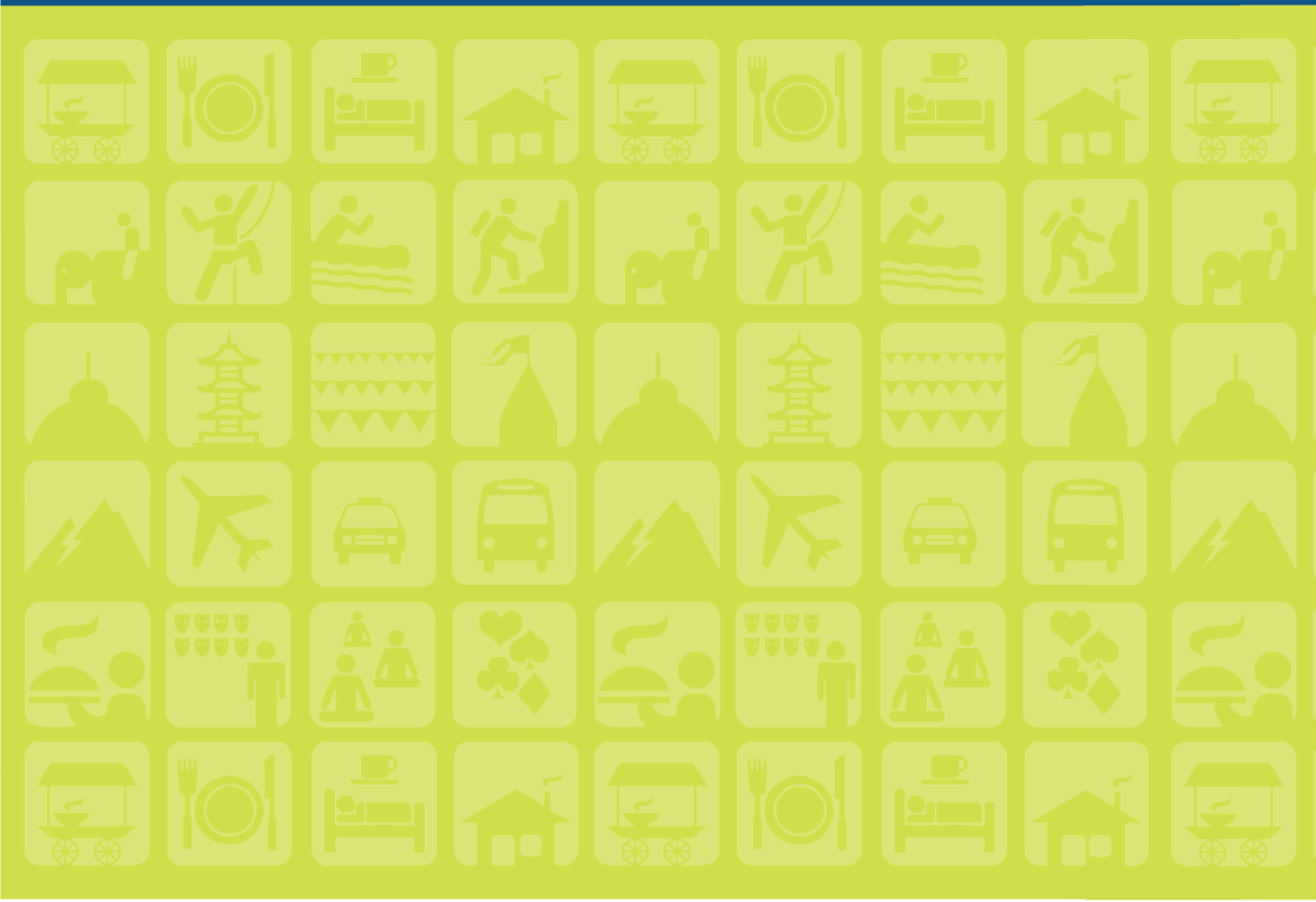

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